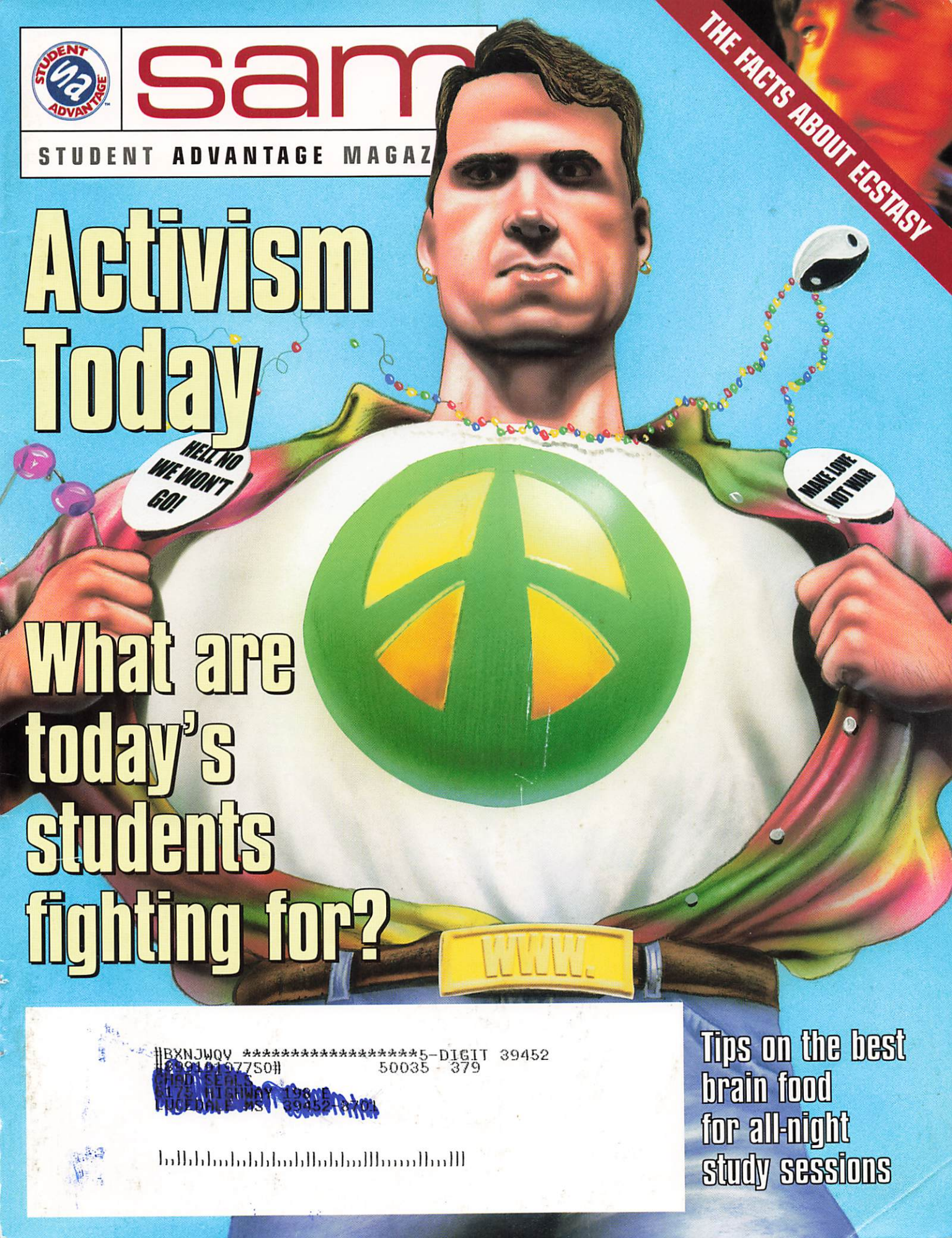
STUDENT ADVANTAGE

sam

STUDENT ADVANTAGE MAGAZ



Activism Today

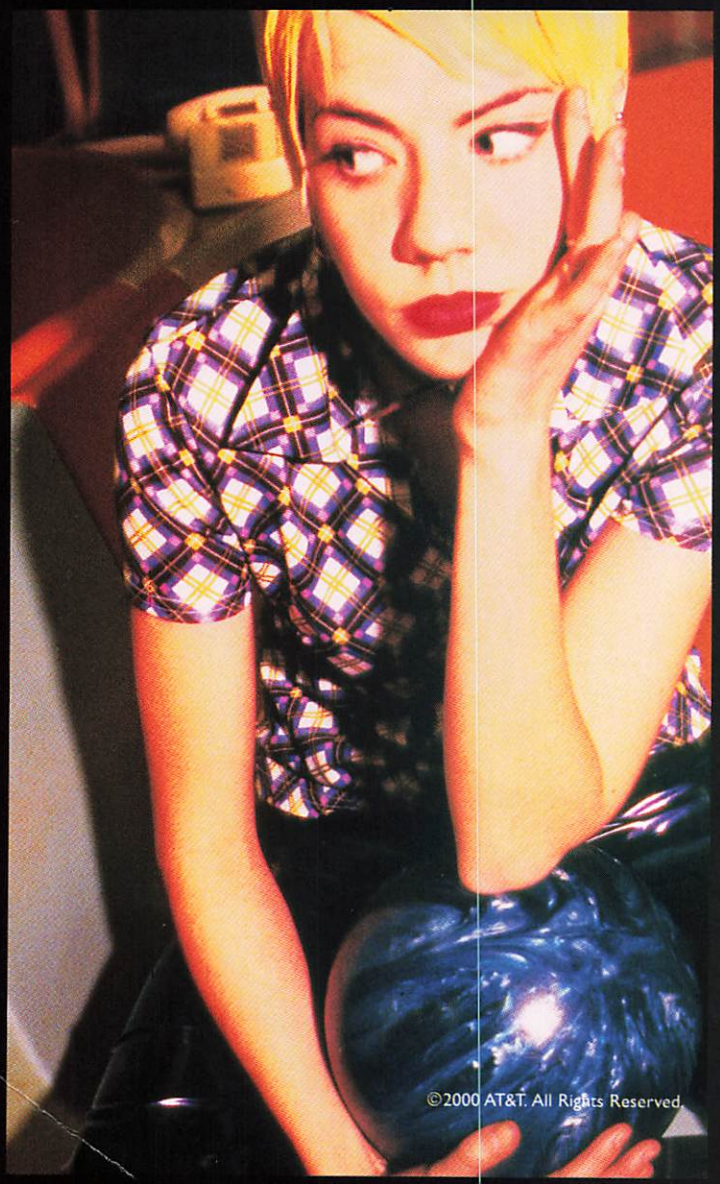
What are today's students fighting for?

Tips on the best brain food for all-night study sessions

BXNJWQV **********5-DIGIT 39452
50035 379

Are you satisfied?

Stop laughing and give us a call.



AT&T knows how to treat you right.

Not happy with your long distance? Sick of dialing around for a good deal? Don't stand for it. Lose the hassle, lose the headache. Sign up for AT&T Long Distance and get the service you deserve—like e-billing and online customer service, 24/7. Plus you can pick a calling plan that's right up your alley.

Sign up at att.com/college or call 1 877 COLLEGE and mention code 59916.

AT&T

att.com/college

Photo: Corbis

p. 18

Table of Contents

5 WALKING ON THE WILD SIDE OF 2001
Expert advice on some unusual New Year's destinations.

8 ACADEMIC LIFE: WHAT YOU DON'T EAT CAN HURT YOU
Throw out the coffee and donuts and eat your way to better grades.

10 DATING & RELATIONSHIPS: HOOKING UP WITH A HOMETOWN EX
Tips and truths about reuniting with an old flame.

12 HEALTH: FEELING SAD? LIGHTEN UP ALREADY
Can't shake the blues? Let the sunshine in.

14 TRAVEL: BREAK OR BUST? IT'S UP TO YOU
How to ensure your Spring Break package provider is legit.

18 ARE THE 60s MAKING A COMEBACK?
Students are once again making noise on college campuses, but they've exchanged their placards and megaphones for Web sites and e-mail.

26 ECSTASY: WHAT YOU NEED TO KNOW
Get the cold, hard facts on the rave drug — from euphoria to "Tuesday Suicide."

32 THE PERFECT SCHEDULE
From skateboarding to *The Simpsons*, this class schedule will have you wishing you hadn't signed up for bio.

Cover illustration: Dale Stephanos

sam
STUDENT ADVANTAGE MAGAZINE

PUBLISHER: SARRAH HALLOCK
hallock@studentadvantage.com

EDITOR: KIMBERLY SCHECK
kscheck@studentadvantage.com

DEPUTY EDITOR: JASON WILLIAMS

CONTRIBUTING EDITORS:
DAN BORNTRAGER · dborntrager@studentadvantage.com
TASCHE BRYANT · tbryant@studentadvantage.com
RYAN HAWKINS · hawkins@studentadvantage.com
MYLES HELFAND · mhelfand@studentadvantage.com
KATHLEEN KENNEDY · kkennedy@studentadvantage.com
JANE McGONIGAL · jmcgonigal@studentadvantage.com

EDITORIAL ASSISTANTS: ERIC ANDERSSON, BRIAN CUTHBERT, MARYANNE FEENEY, PAUL HAGEN

ART DIRECTOR: STUART INGLIS

DESIGNER: JOHANNES REGER

DISTRIBUTION: JEFF HARVEY

SAM–Student Advantage Magazine is a publication of Student Advantage, Inc. 280 Summer Street, Boston, MA 02210

RAYMOND V. SOZZI, JR., President & CEO
KEN GOLDMAN, Chief Financial Officer
CHRIS ANDREWS, Executive Vice President
G. TODD EICHLER, Executive Vice President
MASON MYERS, Executive Vice President
JAY SUMMERALL, Executive Vice President
CRAIG MACFARLANE, Chief Technology Officer
DAVID LINIADO, VP, Field Operations
SARAH SUPPES, VP, Product Management and Marketing
JOSH FRASER, VP, Business Development
MITCH JACOBS, VP, Product Development
ERIK GEISLER, Director, Membership

ADVERTISING

JOHN BLAKE, VP, Corp. Partnerships & Integrated Sales
BRANDI RECTOR, Senior Manager Corp. Partnerships & Integrated Sales

STUDENT ADVANTAGE: NY, 22 West 19th St., 9th Flr., New York, NY 10011, Phone: (646) 205-1322, Fax: (626) 205-1399
E-mail: brector@studentadvantage.com

CONTACT US
WRITE THE EDITOR: kscheck@studentadvantage.com
SEND LETTERS: letters@studentadvantage.com

SAM–Student Advantage Magazine is published quarterly for Student Advantage, Inc., 280 Summer Street, Boston, MA 02210. Annual membership dues are $20, including $2 for an annual subscription to SAM–Student Advantage Magazine. PRINTED IN THE USA. Pending periodical postage approval in Boston, MA with additional entry in Clarksville, TN and Cincinnati, OH. POSTMASTER: PLEASE SEND CHANGES OF ADDRESS TO: SAM, Customer Service, 280 Summer Street, Boston, MA 02210. Title "SAM–Student Advantage Magazine" is a trademark of Student Advantage, Inc.

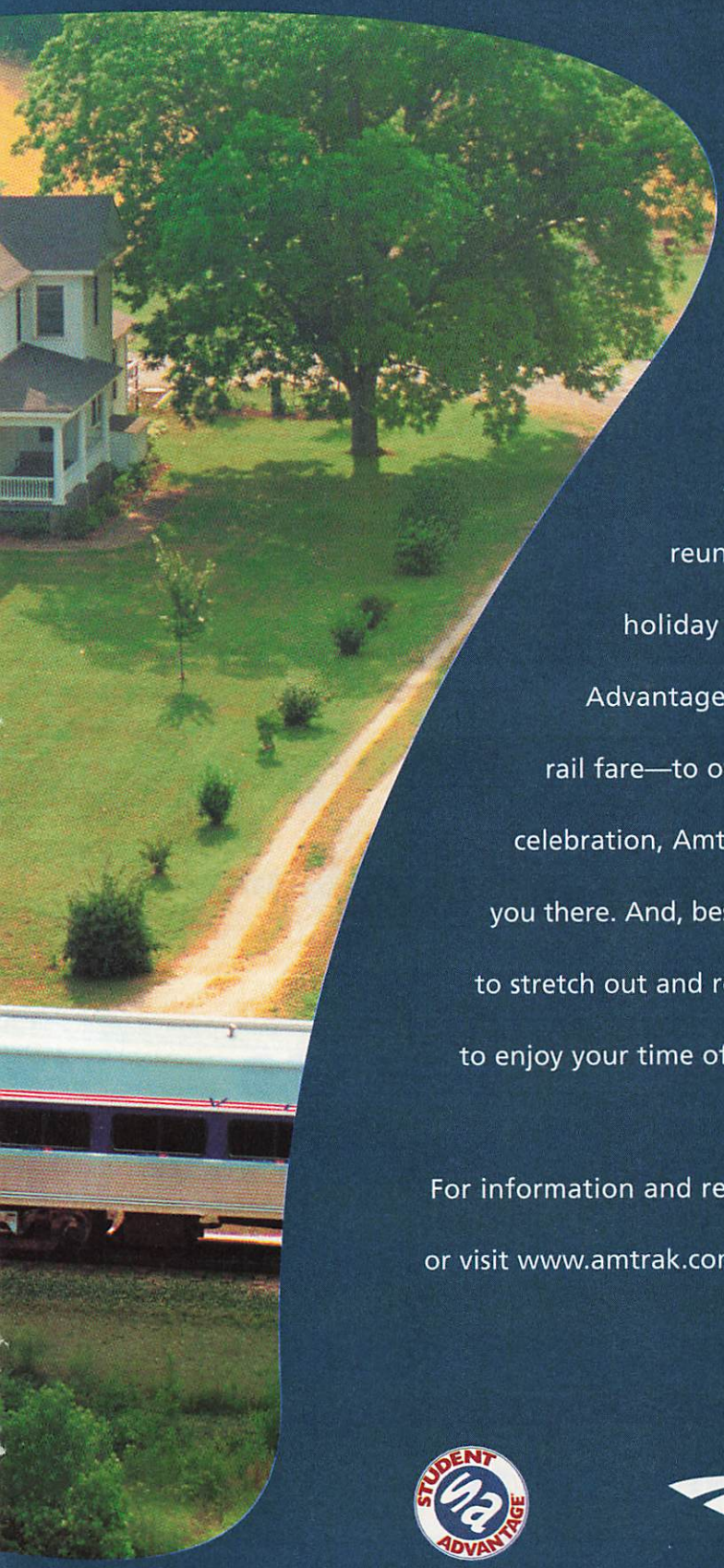
Copyright, 2000 by Student Advantage, Inc. SAM cannot be responsible for unsolicited material. Foreign subscriptions and non-members price: 4 issues $8. Issue 2, Volume 3, October 2000.

For questions regarding membership in Student Advantage please call 1.800.333.2920, write Student Advantage Membership Info, 280 Summer Street, Boston, MA 02210 or e-mail info@studentadvantage.com.

NASDAQ: STAD

Please recycle this magazine.

Amtrak
40
Amtrak



We bring the holidays 15% closer

Amtrak® makes it easier than ever to reunite with your family and friends this holiday season. Just present your Student Advantage® Card and we'll take 15% off* your rail fare—to over 500 destinations. Whatever the celebration, Amtrak offers a choice of trains to take you there. And, best of all, with plenty of room on board to stretch out and roam, you'll arrive relaxed and ready to enjoy your time off.

For information and reservations, **call 1-800-USA-RAIL** or visit www.amtrak.com.

STUDENT ADVANTAGE

AMTRAK®

* Not valid on peak weekday Metroliner® or Acela Express℠ Trains and Canadian portions of trains operated jointly by Amtrak and VIA Rail Canada, or on connecting services via non-Amtrak carriers.

Amtrak is a registered service mark of the National Railroad Passenger Corporation.

STUDENT ADVANTAGE™

BIG SAVINGS ON MAGAZINES!

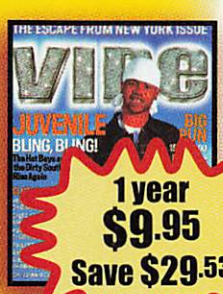
studentadvantage.com/magazineline

magazineline

1 year
$98.00
Save $92.50

1 year
$30.00
Save $152.00

55 iss.
$24.99
Save $167.51



1 year
$9.95
Save $29.53

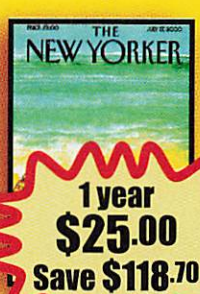
1 year
$12.00
Save $23.40

1 year
$37.95
Save $163.50

1 year
$11.97
Save $30.03

1 year
$13.00
Save $64.74

1 year
$12.00
Save $35.88



1 year
$25.00
Save $118.70

Over 500 To Choose From

Guaranteed Lowest Prices!

And They Make Great Gifts!

Check it out online at

studentadvantage.com/magazineline

* Savings quoted in comparison to newsstand.

Walking on the Wild Side of 2001

WHERE-O-WHERE TO RING IN 2001? Travel guru Bruce Northam (above, left) offers info on four unique New Year's destinations. Avoid the skulking, bumbling tourists waiting to be fleeced by the bevy of con artists and New Year's puppeteers that plague most locales.

REYKJAVIK, ICELAND

A Cool Northern Night

Newsweek recently voted it one of the 10 hottest cities in the world. The nightlife is rocking, but what sets this northern-most metropolis apart from other fashion-rubbernecking zones is its cleanliness, fresh seafood and otherworldly, black lava-rock lunar landscape that's dusted with fluorescent-green moss (or snow).

Sights: The Blue Lagoon is the touristy thing to do, but imagine basking in a steamy, geothermal-heated, aquamarine lake encircled by lava fields that are tinged by light green Arctic moss and snow. Clothing optional. The adjacent geothermal-harness "plant" looms huge like a Jersey turnpike refinery, spewing harmless clouds of steam. The base of this five-acre lagoon is world-renowned therapeutic mud — feels as good on your face as it does squeezing through your toes. Icelanders await our excitement for a gallop upon one of their small but strong, Viking-descendant horses (Icelandic Riding Tours e-mail: ishestar@itn.is).

Getting There: IcelandAir Holidays Cool Northern Nights package parties in Stockholm (2 nights) and Reykjavik (1 night), from $499 including airfare, accommodations and transfers. Fly from New York, Baltimore, Washington, D.C., and Boston — www.icelandair.com/(800)223-5500 ext 3. IcelandAir usually allows for a free stopover when flying from the U.S. to any of their Euro destinations.

MALTA

Journey Through the Ages (from temples to techno); Crossroads of the Mediterranean

Consider spending New Year's where sun and sea vie with history, archaeology, artistic heritage ... and Spring Break-style raging. This crossroads of the Mediterranean has been influenced by Neolithic temple builders, Phoenicians, Romans, Byzantines, Knights, the Arab world, Napoleon and the British who left English as a popular second language.

Sights: Absolutely get to the Palace Armoury (in Valletta) for Darth Vaderish, closed helmets and flipped-out suits of armor. The massive St. John's Co-Cathedral was built by Italian Order of Knights from 23 European countries (8 languages). These Megalithic temples — The Mgarr and Skorba Temples — are the world's oldest, freestanding temples. They predate pyramids by 1,000 years — older than Stonehenge — the new graffiti on them dates from 1860.

Getting There: Air Malta from Europe, or ferry from various points in southern Europe. Visit www.visitmalta.com or write Maltese National Tourism Organisation. Malta, 280 Republic St., Valletta, CMR 02, 234450. Surprisingly, Malta has a very extensive and efficient bus system that covers the entire island.

NEW ORLEANS

Hedonism Extolled

Peering through my gargoyle mask, I swilled from a fancy goblet. It was Creole breeding season and my lower brain had taken control, Louisiana style. Mardi Gras is whenever you want it to be. Your college everyone-rush-the-keg party conditioning will serve you well here. An escape from the fray may walk you

If you're going home for the holidays, your dorm room or apartment could become an easy target for theft. Protect your room by following these tips: Lock >>>

L Dan Bomirgian, R. Bruce Northam

up the front porch of a local party, and this is where fashion is key — backward baseball caps and concert T-shirts won't cut it.

Sights: People watching in the French Quarter. One of the world's rare, eternally amusing tourist traps, where it is possible to wander the streets between establishments while transporting a cocktail. Create inner vibration with a Hurricane, New Orleans' traditional beverage, a large, overpriced, red fruit cocktail that beckons diabetic shock and rots your teeth and liver — simultaneously.

Getting There: Road trip in a reliable car; three per car is the magic number. Free ice for the cooler from motels along the way. If Expedia can't fly you there cheap, surf nearby Biloxi, Miss., and rent a car.

COSTA RICA

An exotic testimonial to nature's might, a zone where heaven and earth appear to have merged.

There truly is something for everyone in Central America's safest tropical Shangri-La. Lush landscapes and village havens remain undiscovered by modern highways, planes and mass tourism. Costa Rica feels good — intermingling affordable luxury with wilderness — urban vitality, primary rainforest, pristine Pacific Ocean beaches and Caribbean culture.

Sights: Lost in clouds of untouched tropical art is the Pacuare River. The Costa Rican government has been threatening to dam this jewel for years and construction is rumored to begin in 2002. Visit soon.

The Original Canopy Tour at Iguana Park simulates a flight through the hanging gardens (www.canopytour.com). The Tortuguero Lodge is strategically positioned to behold the ultimate "Lifestyles of the Rich & Famous" sunset without packing American Express.

Getting There: Though New Year's is high season you can get sound budgeting advice from the Costa Rica tourist board at 1-800-343-6332 and visit www.costarica-tourism.com.

Bruce Northam is an adventure author, speaker and tourism consultant. Stop by Bruce's site — americandetour.com.

CHECK IT OUT!

If you're reading this copy of *SAM*, then you already have a wealth of knowledge at your fingertips. But don't stop there. Let your fingers do the walking to our Web site, **studentadvantage.com**, where you'll find cool features and student stories daily. And we'll keep you up-to-date with campus and national news. Here's a glimpse of what's coming up:

studentadvantage.com/education
ACADEMIC LIFE CHANNEL

Finals are stressful for everyone. Check out our "Finals Survival" report. Problems picking a major? Don't stress, just read our "Major Stressing" special report along with our reports on women in college and our med school/grad school diaries.

studentadvantage.com/campus
CAMPUS & SOCIAL CHANNEL

Freshman diarist Lara Fulmer hangs out with her family and friends over the holidays. Will things be the same with her high school buddies? Will she survive being under her parents' roof again? And, if you're thinking about going Greek second semester, find out the truth as a former frat boy writes candidly about rushing, pledging and hazing.

studentadvantage.com/dating
DATING & RELATIONSHIPS CHANNEL

Separated for the winter break? Keep your love alive with our guide to the "Lost Art of Love Letters" and our special report on Romantic Ideas. Single for the season? Make the most of the mistletoe month with our special guide "How to Get Some Lovin' During the Holidays." Make sure to check out our 2000 romantic wrap-up in the discussion: "What were the highlights — and low points — of your love life this year?"

studentadvantage.com/entertainment
ENTERTAINMENT CHANNEL

Thanksgiving brings movies and our Holiday Film Preview. Should you buy into the hype surrounding Tom Hanks' *Castaway* or blow your money on flicks with less buzz like *Nosferatu*? Also check the E-Channel to keep up with the ongoing MP3 copyright wars and the major court cases surrounding them. Plus, we'll provide a consumer's guide to finding the lesser known MP3 sites.

studentadvantage.com/health
HEALTH CHANNEL

Are you a newbie vegetarian going home for Thanksgiving? Read our guide on how to survive Turkey Day as a vegetarian. Getting ready to unveil that new tat or piercing? We'll give you the skinny on how to convince the 'rents that your body art isn't all that bad. And that that piercing is not going to damage your health. We've also got tips to help you party safely this holiday season — without the hangover.

studentadvantage.com/travel
TRAVEL CHANNEL

One of the cheapest times to fly abroad is over the holidays! Find last-minute fares at studentadvantage.com/traveldeals. Let us help you plan your Spring Break with "Spring Break Revealed" at studentadvantage.com/springbreak. Broke? Check out studentadvantage.com/travel for some cheap and fun alternatives for holiday siestas.

all windows and close curtains so thieves can't see inside. · Hide your computer: Take the monitor off your > > >

GOING TO EUROPE...

THE RAIL CONNECTION — THE EURAIL PASS EXPERTS

www.railconnection.com / 1-888-724-5727

RAIL CONNECTION

What You Don't Eat Can Hurt You

NO MATTER HOW OVERwhelmed you get by your workload, you've got to take care of yourself. If you don't, you'll be a useless lump of hair and skin. What you eat can have a serious impact on your grades — and we'd rather it be a positive one. So munch on these easy tips to keep your body operating at peak performance.

ALTERNATIVES TO COFFEE

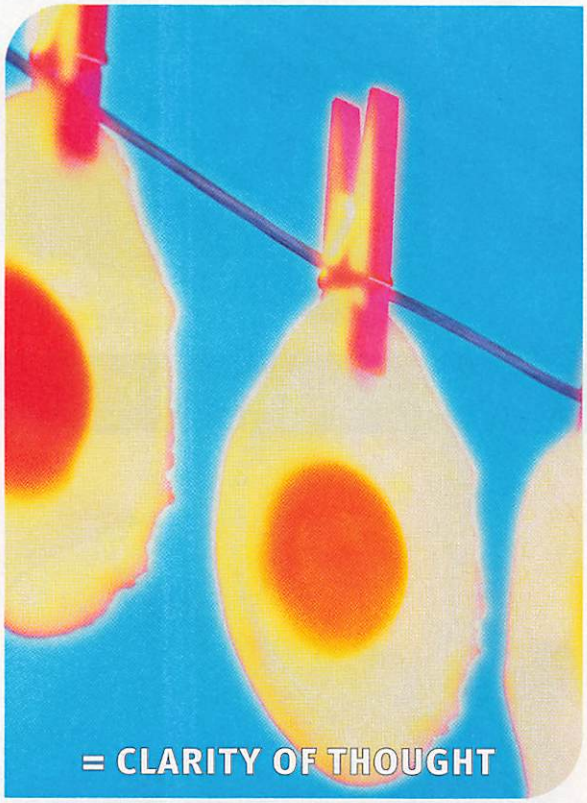
Caffeine isn't so bad in small amounts. But the more of it you take in, the more nervous you feel, the more headaches you get, the harder it is to concentrate and the weaker your immune system becomes. Cramming with a vat of coffee by your side may keep you awake until you're through studying, but by the time you're done, you'll be so burned out that you won't actually be able to process any of the info you just spent hours stuffing into your brain.

There are healthy alternatives to coffee that will boost your energy and awareness, and improve your overall health as well. Drink tea, specifically green, black, ginseng or ginkgo biloba. These teas increase antioxidants in the blood, which reduce your risk of stroke and cancer and slow the aging process. And most importantly, it'll give you a boost of energy just as strong as — if not more than — coffee will.

BREAKFAST: YOU KNOW YOU NEED IT

Eat protein-rich foods for breakfast to get your brain in top form for that exam later in the day. Protein increases mental alertness and helps you concentrate better. Eating fish, chicken or eggs in the morning may give you the mental strength you need to ace your final. Eggs are especially key: They contain choline, a nutrient proven to help increase concentration, memory and clarity of thought.

Fish such as tuna and salmon have omega-3s, which sharpen memory recall and help improve mood. Many studies have proven that eating salmon in particular helps regulate the body's serotonin level, improves memory and generally increases brain activity.



CARBS WILL MAKE YOU HAPPY, BUT AVOID THE CRAP

When we get stressed out, our bodies feel the need to increase our levels of serotonin — a neurotransmitter that basically makes us feel good. Carbohydrates are loaded with serotonin and when coupled with protein will keep you awake, alert and mentally motoring.

Watch out, though — carbs are often packed into some foods that are a really bad idea during finals. You know what they are: cookies, chocolate, candy, sweet pastries (like donuts) and sugary snacks. A Snickers bar may satisfy you, but its massive sugar content can cause weight gain and mood swings and could leave you crashing and burning once you've digested all that sweet stuff.

Rice (especially brown rice), non-sugary cereals, whole-grain breads, fruits and veggies are the good kinds of carb-loaded food. Instead of snacking on potato chips and soda, try pretzels and real-fruit juices. If you get a snack attack or desperately need something sweet, grab a bag of those miniature carrots and dip them in peanut butter. Peanut butter may be fattening, but it also has a lot of protein, so it's good in small doses.

KEEP MEALS SMALL

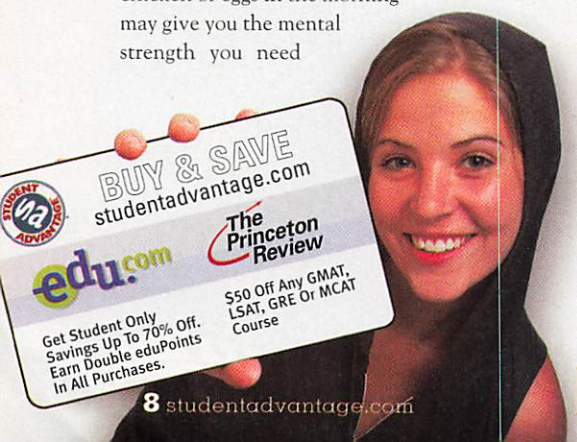
Speaking of small doses — keep your meals modest! The larger the meal, the greater the number of calories, which means it'll take your body longer to digest the food. If that happens, you'll get sluggish. Your energy level will drop and your mental alertness will slide away with it. Even worse, if you take in too much glucose in one sitting (pasta is extremely high in glucose), it will hinder your brain's ability to remember the information you just spent days trying to take in.

During finals it's especially important to eat small, low-fat meals and snacks to improve thinking and increase energy. Try to eat five or six humble, healthy meals a day. A tuna sandwich, carrot sticks and juice makes a great lunch, and pretzels, popcorn and nuts are excellent snack choices.

Also, drink lots of water throughout the day. This helps flush toxins out of your body and aids digestion, so the nutrients you're taking in can spread more quickly to the parts of your body that need them most. — *MaryAnne Feeney*

studentadvantage.com

Got a question for our Virtual Advisor? Let the Dr. help you deal with the daily grind. E-mail her at: education@studentadvantage.com.


BUY & SAVE
studentadvantage.com
edu.com
The Princeton Review
Get Student Only Savings Up To 70% Off. Earn Double eduPoints In All Purchases.
$50 Off Any GMAT, LSAT, GRE Or MCAT Course

desktop, place it in your closet and cover it with clothes. Ditto for your hard drive. Consider hiding any other expensive

VIRTUAL ADVISOR: Is cramming THAT bad?

Is there any studying method that actually works? I know you're supposed to study throughout the semester and take things nice and easy, but nobody really does that, and now here I am again with a massive pile of crap to do and only a couple weeks to do it all in. Is it really so bad to cram at the last minute? Isn't there any merit to pulling an all-nighter? — Scared to Study

DEAR SCARED TO STUDY:

Studying for finals is everyone's worst nightmare. Even my great-grandmother's. She had a recurring dream in which she'd been in a class all semester without ever knowing it, and now she had to take the final. That's enough to keep me up nights, I'll tell you.

The truth about finals is one neither you nor my great-grandmother would want to hear. In most classes, your grade on the final will reflect the consistency of your work throughout the semester far more than it'll reflect the work you do the night before. But luckily, since you've been keeping up with the readings and assignments all semester long, all you need to do is review, right? No? (Sigh.) OK, against my better judgment I'll weigh in on a few pointers that might help you if you're starting to feel a little antsy.

First, do what your instructor tells you. So if she says you should know every term in chapters five through 11 of your textbook, go through with a highlighter, make index cards and review them with some classmates. Don't miss any tip the teacher gives you — after all, he is the one making up the exam.

Second, talk to other students about the instructors' tests and grading. They'll be able to give you ideas about do's and don'ts, and they can probably even give you study tips. Third, to thine own self be true. Some of us work best in the quietest, wee-est hours of the morning; some like studying to heavy-metal music; some prefer the bustle of a coffee shop or cafe. It's crucial that you find the right place or places where you can focus, concentrate and absorb material.

Fourth, know your methods. I'm an index-card gal. Color-coded, boxed, numbered, the whole nine. But you could be a note-taker; I know very successful students who recopy their notebooks as a way of studying for the final. Or you may scribble down your notes in the margins of your textbooks and hope you'll be able to find and review them later on. Regardless, take some time to figure out what study method works best for you, and then stick with it.

Fifth, don't kill yourself cramming. Be it caffeine, Vivarin, Sudafed or other less-legal substances, lots of students believe the slogan "Better Living through Chemistry" refers to exam-prep strategy. From my side of the fence, I gotta tell you: A coked-up exam is much worse than a bad clean one. And I know which is which. So with the exception of coffee and ice packs, I suggest you sleep when your body asks you to. Also, avoid buying notes, papers or advance copies of tests. We nail students who do that with some regularity, though the people (or Web sites) who sell them won't tell you that.

So, get as much sleep as you can, review what the instructor recommends, follow a study method that works for you and get together with fellow students. Boring? Yep, but it's the answer. — *Dr. Anahid Kassabian*

SICK & TIRED

After a long, brutal semester, there's nothing quite like seven straight days of exams and term papers to fill you to the brim with stress and loathing for all things work-related. When finals-week burnout starts to rot your brain, the **studentadvantage.com** Procrastination Gurus recommend you hop on the Web for a much-needed (and cost-free) release.

FOR A MINUTE:

VIRTUAL BUBBLE WRAP

http://www.urban75.com/Mag/bubble.html

Just let your mind go and your mouse wander and listen to the heavenly sounds of popping plastic. It may not be as cathartic as bursting them yourself, but hey, physical activity is overrated anyway.

THE HUNGER SITE

http://www.thehungersite.com

So sue us for being activists. If mindless mouse movement or vicious destruction of little candy bunnies isn't your thing (see next site), take a second from the hell of writing your 20-page term paper to help folks who have way more to worry about. NO JOKE: This site actually lets you donate food to the hungry with nothing more than a click of the mouse. The food is paid for by corporate sponsors and delivered via the United Nations World Food Programme (www.wfp.org).

BUNNY SURVIVAL TESTS HOME PAGE

http://www.pcola.gulf.net/~irving/bunnies/

Don't call PETA on us yet — we're not talking about the fluffy, hopping kind. No, this site deals with a far more dangerous menace to our society: marshmallow Easter rabbits. You may not remember a thing about 19th-century English lit for that final, but you'll sure as hell remember what a marshmallow bunny looks like after it's been blowtorched.

OR FOR A WHILE:

CENTRE FOR THE EASILY AMUSED

http://amused.com/

This site boasts the most impressively massive collection of totally pointless Web pages on the planet. Throttle your computer screen with the Virtual Milkshake; take the controls of the Patrick Swayze Flight Simulator; or beat the crap out of Bill Gates. The number of time-killing possibilities is absolutely awe-inspiring — it must take some awfully motivated people to put together something this wonderfully useless.

KEVIN RUBIO'S TROOPS

http://www.theforce.net/troops/

Not long ago on a planet much like ours (because it was ours), *COPS* collided with *Star Wars*, and in the twisted aftermath of the terrific explosion came *Troops*. It's an extremely entertaining five-segment minifilm chronicling the lives of beleaguered Imperial Stormtroopers as they go about their daily patrols. Not for the faint of bandwidth — the five segments are more than 67MB in size; so if you've got anything less than a T1 connection in your room, don't even bother. For everyone else, though, it's worth the wait — and you can pretend you're studying while the files download.

SHOCKWAVE.COM

http://shockwave.com

If you don't know about this site already, shame on you! Shockwave is the cutting edge of Web entertainment: no lengthy downloads, no complicated installations, just good fun. Play classic arcade games from the 80s or watch some of *South Park's* best scenes. Dude, we're talking hours and hours of beautifully wasted time here — dozens and dozens of games, cartoons, music and ecards.

electronic equipment. · Buy a timer that will turn your lights on and off at different times of day and night. · Got a friend who's gonna be on campus? Recruit him to >>>

Hooking Up with a Hometown Ex

THERE ARE FEW THINGS IN LIFE AS SATISFYING AS FINDING OUT that someone you broke up with still wants you. Before proceeding with a hometown hookup, however, there are tricks to master and traps to avoid. Otherwise, you may discover that temporary reunions can backfire in ways you thought happened only on *Dawson's Creek*.

THE GOOD, THE BAD AND THE UGLY

Some reasons for hooking up with an ex are better than others. Compare your reasons to those listed below to see how solid or shaky your love logic is. (Hint: The excuses get worse as you go.)

1. Pre-existing emotional ties offer an excuse for the spontaneous reunion.

2. It proves that the weight you've gained hasn't hurt your sex appeal one bit.

3. It's comfortable. You don't have to deal with the first-date awkwardness you have learned to hate.

4. Hooking up with an ex doesn't increase the total number of people you've been with.

5. You're jealous that your ex is seeing someone new.

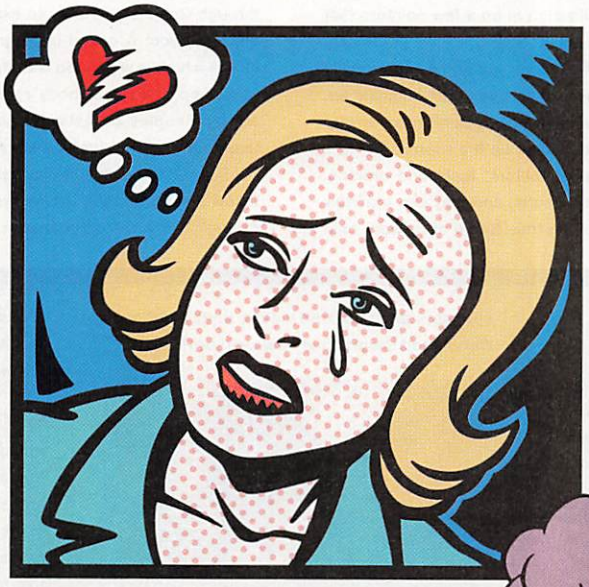
6. You're bored and looking to dodge the 'rents for a while.

SECURING YOUR REUNION

There are lots of dirty tricks that work wonders when it comes to wooing someone back into your arms. Here are some of the less slimy ploys, from Kate Fillion and Ellen Ladowosky, authors of *How to Dump a Guy*:

The social ambush: Crash every event, party or convenience store your ex is likely to be at. If you're home over break, this strategy exploits the low number of options and high levels of boredom.

Reverse psychology: As soon as you get near your ex (or get him or her on the phone), repeatedly remark how obvious it is that s/he is trying to seduce you. Apologize for your complete indifference.



Appoint a minister of propaganda: Hire mutual friends to report how good you look and how happy you are. This will spark your ex's curiosity and get your foot in the door.

The pity-party for two: Invent a minor tragedy — you were mugged, your pet died — and pump your ex for sympathy. Everyone looks more loveable when vulnerable.

CLEANING UP THE MESS

Be prepared for the following consequences of your reunion.

1. The chemistry is gone. You're both left doubting your skill and desirability.

2. Your ex thinks it means you're back together (and you don't).

3. You think it means you're back together (and your ex doesn't).

4. You find out what your ex has been up to since the break-up and now you get to deal with new STDs and crazy new boyfriends/girlfriends who want you dead.

WHEN A HOOKUP MEANS MORE THAN ONE NIGHT

If your ultimate goal is to win back your ex, you may be disappointed. Serious reconciliations are more often achieved through conversation than through make-out sessions. Psychologists Bettie Youngs Blick, Ph.D. and Masa Goetz, Ph.D., authors of *Getting Back Together*, suggest you ask yourself the following questions before recommitting to an ex:

1. How has my social life changed since the break-up?

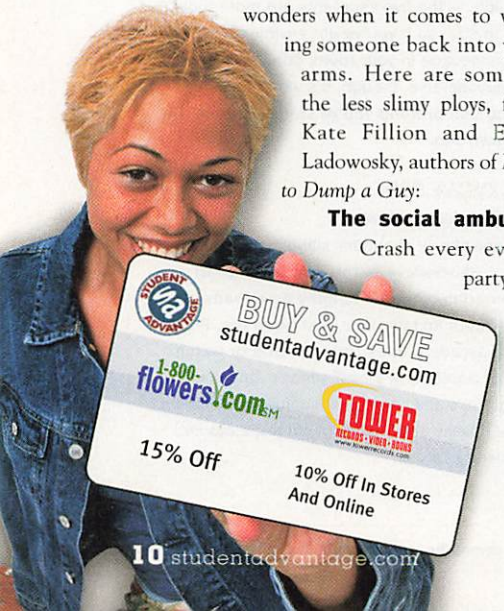
2. How do I feel about myself since the break-up?

3. What do I realize about my partner that I didn't know while we were together?

4. What do I realize about the relationship that I didn't see while we were together?

Your answers to these questions show what you've learned that will keep a second attempt at the relationship from failing. (Hint: If your answers are "nothing," your chances aren't great).

— Kelli McGonigal



studentadvantage.com

Break-up blues? Learn how one student kissed her high school sweetie goodbye in "Growing up and Learning to Let Go" on the D&R Channel.

stop by once or twice a week. Have your buddy water your plants while you're at it. · Call the post >>>

ESPN THE MAGAZINE

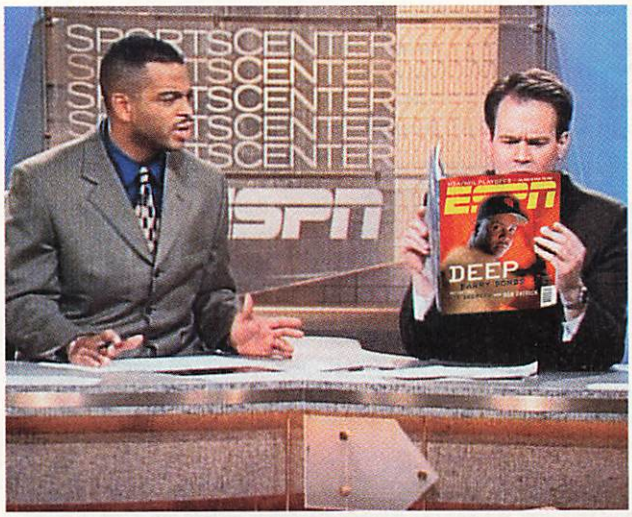
LIKE

SPORTSCENTER™

WITH STAPLES

ESPN THE MAGAZINE
A CONVENIENT, PORTABLE VERSION
OF THE EXCITEMENT AND ATTITUDE OF ESPN.

SPECIAL $10 DISCOUNTED STUDENT RATE!
USE ATTACHED COUPON OR CALL 1.800.452.0909



GET 20 ISSUES OF ESPN THE MAGAZINE FOR $10.
JUST 50¢ AN ISSUE. 83% SAVINGS OFF THE NEWSSTAND PRICE!

☐ PAYMENT ENCLOSED ☐ BILL ME

NAME

ADDRESS APT NO.

CITY STATE ZIP

EMAIL ADDRESS

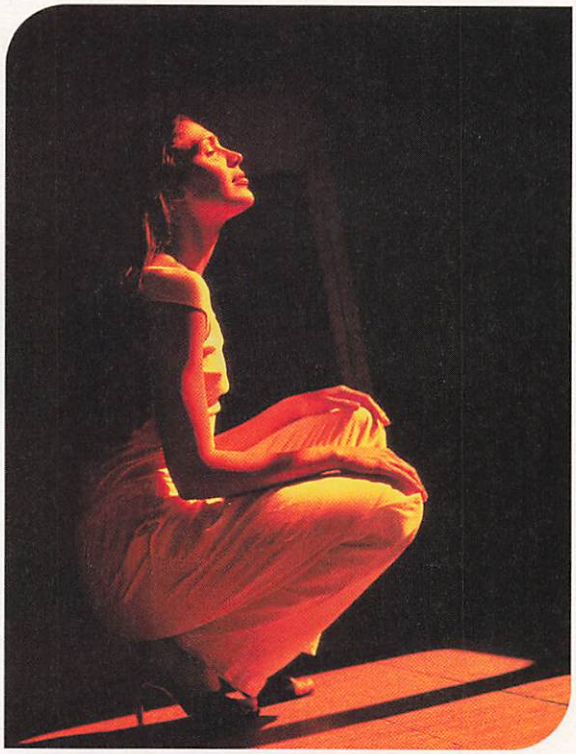
MAIL COUPON TO:

ESPN THE MAGAZINE
P.O. BOX 37328
BOONE, IA 50037-0328

20 ISSUE NEWSSTAND PRICE $59.80. CANADA AND FOREIGN ADD $19. © ESPN, INC. SOHAFA

Feeling SAD? Lighten up already

THE FIRST FEW DAYS AFTER WE TURN THE CLOCKS back are always a bit unsettling. Two months ago you ate dinner by sunlight on your back porch at 8 p.m. Now you leave your classes at 4:30 p.m. to find darkness has already set in. Two months ago you spent your free time soaking in the sun, now your only exposure to the outdoors is when you find yourself hurrying through the cold only to hide yourself away studying for exams. It's enough to make anyone depressed.



But the sadness and sluggishness you feel during the winter months may actually be a clinical disorder known as Seasonal Affective Disorder (SAD). Norman Rosenthal, M.D., estimates 10 million people nationwide suffer from SAD, while up to 25 million suffer from low-grade SAD or "winter blues."

This disorder is thought to be caused by a decrease in outdoor light, which occurs each year during the winter months.

Basically, your body's internal clock is set by morning light. During the night your brain produces melatonin, which is what makes you drowsy. When your eyes are exposed to daylight, the body stops producing melatonin, allowing you to wake up. If you don't have that morning light, your brain still feels like it's the middle of the night and you don't wake up alert, says David Avery, M.D., University of Washington Medical Center.

With such a hectic sleeping schedule, it's no surprise that college students are susceptible to SAD. And according to the National Alliance for the Mentally Ill, most people start to feel symptoms in their 20s.

According to some studies, SAD affects 13 percent of the U.S. population. This means that approximately 2 million college students could be afflicted with SAD. Symptoms include: feeling depressed during certain times of the year, insomnia, a craving for carbohydrates, constant agitation, thoughts of despair and suicide, decreased sexual appetite, avoiding social interaction, weight gain and lethargy.

Sounds like your typical college student, doesn't it? So how do you know if you are actually clinically depressed? Ronald Charles, M.D., says the key is to see how many symptoms you have and how long you've had them.

"If your finals were over two weeks ago, and these symptoms are still persisting, that's when you should seek medical help," says Charles.

The most popular form of treatment for SAD is the use of a lightbox — a box that simulates the light exposure of a cloudy day. Symptoms usually decrease within three or four days. If symptoms don't decrease, patients can work with their doctors to see if drug therapy might work.

Dr. Avery recommends getting outside, even if just for 10 or 15 minutes a day. Even on cloudy days the light is still brighter than indoor light, says Avery. Go for a walk or just sit by a big window in the morning. He also recommends getting your body on a regular sleeping pattern. — *Tasche Bryant*

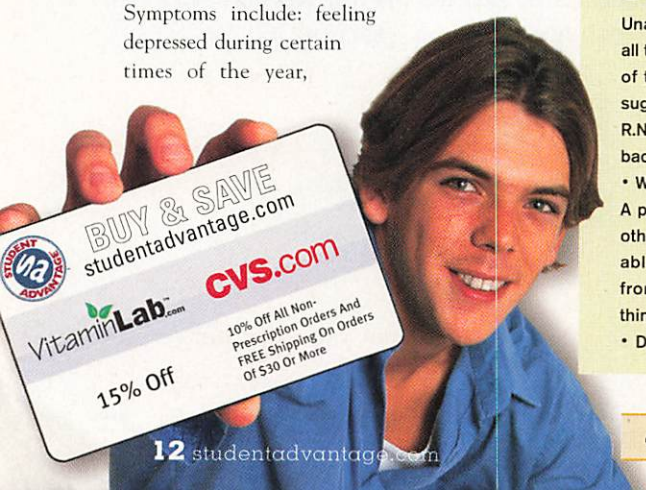
studentadvantage.com

Stressed out? Who isn't? Click through the Health Channel for special reports on time management and stress relief to stay in top shape.

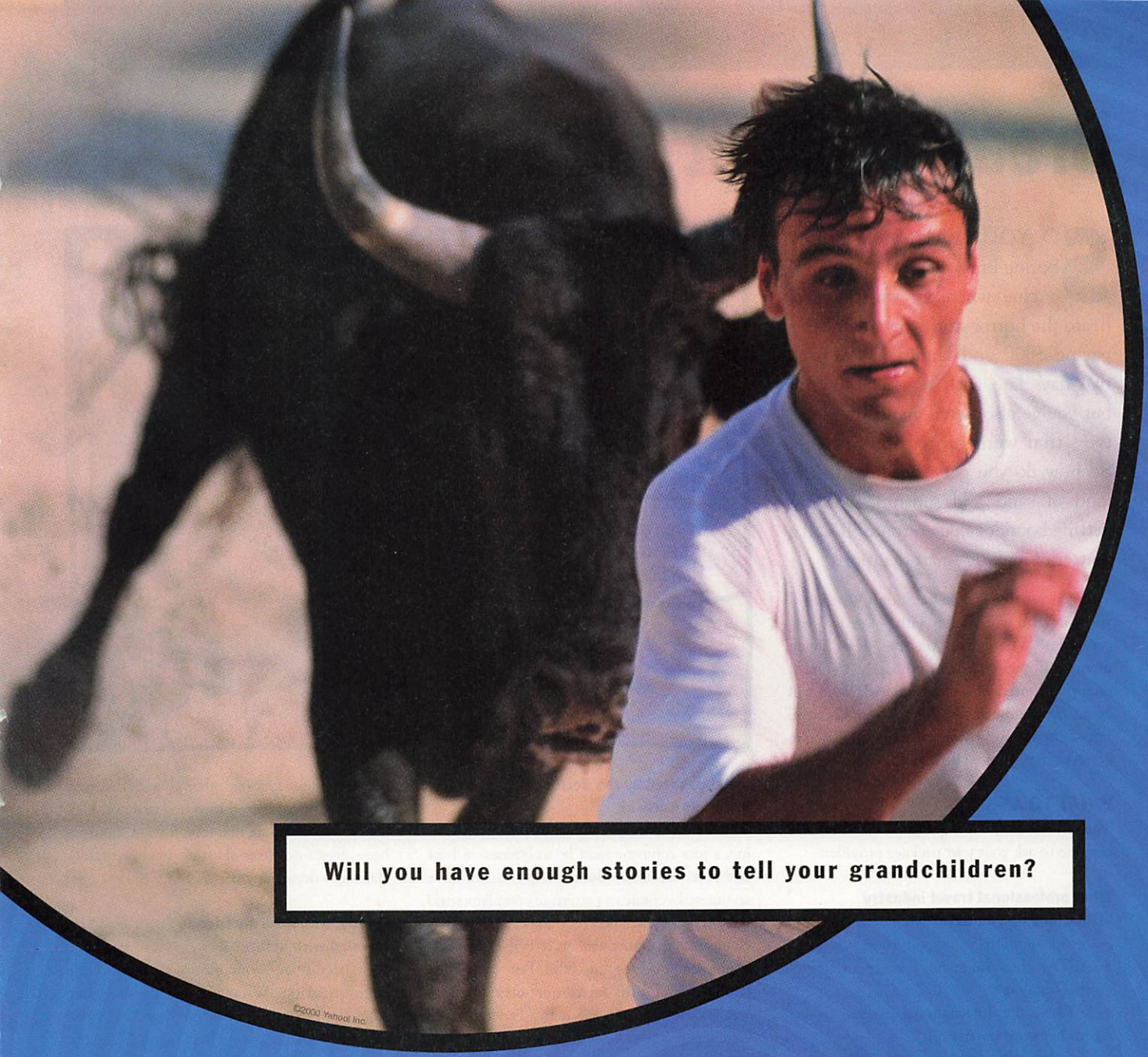
STRESS-LESS

Unable to concentrate? Feeling listless from all the studying? Before you go crazy, try some of these simple things, suggested by JoAnne Bryant, R.N., to help you focus and get back your health — and sanity!

- What's causing your stress? A professor? A significant other? While you may not be able to reduce these things, take breaks from them. Step back, think about other things and then go back to the problem.
- Drink plenty of fluids — and that doesn't mean beer! Beer can cause dehydration and dehydration can cause more stress.
- Work out. Ride a bike. Take a break and recharge your muscles.
- Get outside. Even if it's just for a short time, fresh air and natural light can do wonders.
- Change your environment. Go to the library instead of the study lounge, your friend's apartment instead of your dorm room.
- Get enough sleep. Even if you have to get up early after going to bed at 4 a.m., catch up later in the day with a nap.



office and ask if they can hold your mail. Put your newspaper subscription on hold too. · Get >>>



Yahoo! Travel

What marks will you leave?

What marks will be left on you?

Visit Yahoo! Travel and put together

whatever sort of trip you please.

It's your legend. Plan it well.

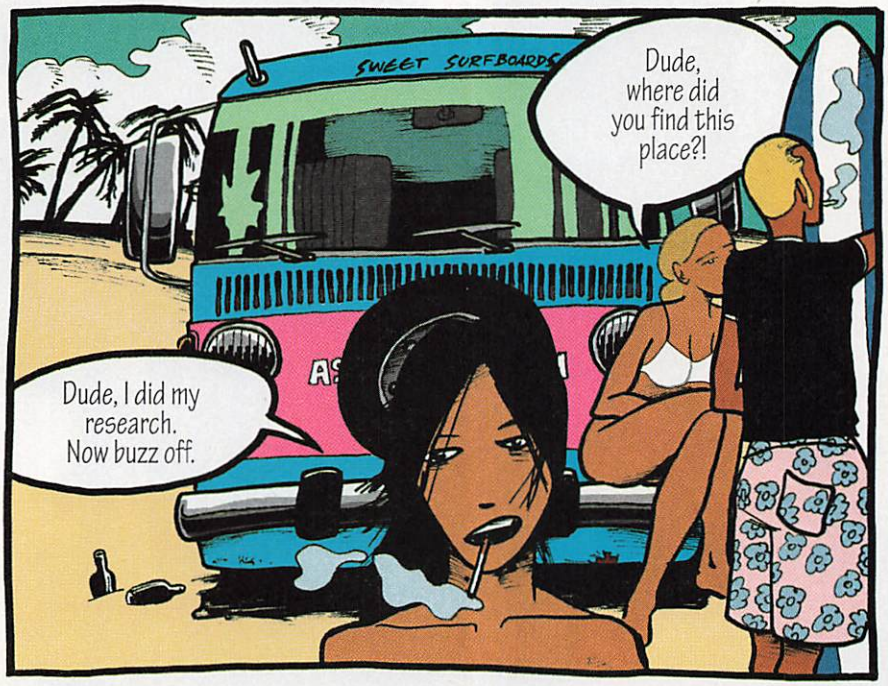
travel.yahoo.com

Do You YAHOO!?™

Break or Bust? It's up to you

SO YOU WANNA GO ON Spring Break, but you don't have a clue where to start? You've heard the horror stories about students paying $800 and landing in Mexico two days late with nowhere to stay, but you've also heard about the great trips that went off without a hitch. So how do you get from here to the land of sand and sunshine without getting boondoggled en route? It's all a matter of making smart decisions.

There are the obvious questions: Where will you go? Who will you go with? How will you get there? Where will you stay? How much money will you take? Unfortunately, the most important question is often ignored: Who will be my Spring Break tour company and how do I find them? To answer that question you're going to have to do a little homework.



WHAT TO ASK

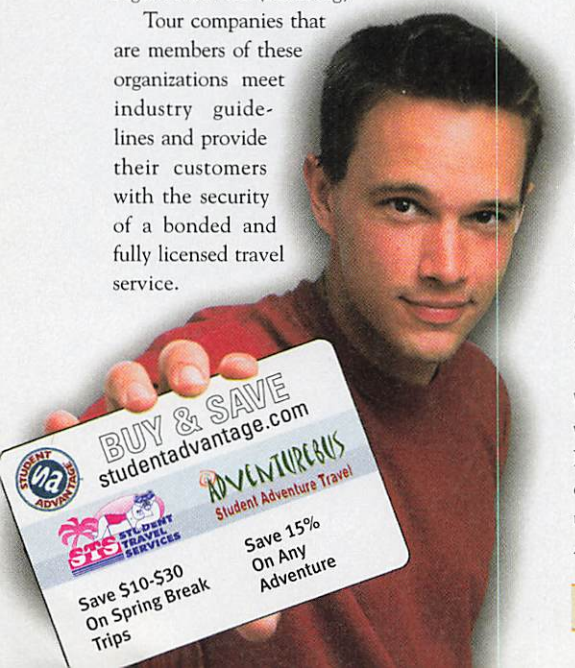
The following are a few questions you shouldn't hesitate to ask your tour package provider:

What professional travel industry affiliations do you have?

Some organizations with good reputations are:

- ASTA, the American Society of Travel Agents (asta.org)
- IATAN, the International Airline Travel Agent Network (iatan.org)

Tour companies that are members of these organizations meet industry guidelines and provide their customers with the security of a bonded and fully licensed travel service.



Are they rated by the Better Business Bureau?

To receive a "satisfactory" BBB (www.bbb.org) rating, a tour company must be in business at least one year, respond to Bureau requests, not have an unusual volume or pattern of complaints and not be the subject of law enforcement actions. Companies that are members of BBB's Customer Commitment Program offer fast complaint handling and BBB arbitration upon request. You should also check out the Federal Trade Commission's "Break Alert" for a list of companies being sued for Spring Break fraud (ftc.gov/bcp/conline/pubs/alertsbrakalrt.htm).

How long has my Spring Break company been in business?

Don't be shy about asking about the origins of the company — it's your money! In the most general terms, the length of time a tour operator has been in business relates to its success and reputation of meeting the needs of its customers. Some companies have been closed by legal action only to re-open under another name.

What extra charges, if any, will I be paying?

Nothing ruins a Spring Break faster than finding out your meager spending money is gobbled up by additional fees. Know what they are. Ask about hotel service charges, tour operator processing fees, taxes or other charges that may add to your final cost. If traveling to a non-U.S. destination, be aware that most foreign countries have departure taxes that are paid separately. (Jamaica's departure tax is $21 U.S.)

Finally, who have my friends traveled with before?

Your friends are your most valuable source of information. What was their experience with their Spring Break package last year? Did the package meet their needs? Was the company easy to deal with? Would they do it again?

There are also sites like **studentadvantage.com's** "Spring Break Revealed" (student advantage.com/springbreak) that offer thousands of reviews by students all over the country. Find out what other students thought about their tour company, the destination they chose, their hotel and even the bars and nightlife.

Traveling can be very hectic, but finding the answers to just a few of these questions will get you that much closer to Cancun. Bon Voyage! — *Dan Borntrager*

studentadvantage.com

Need more travel tips? Check out our special report, "Choosing a Spring Break Destination," on the Travel Channel.

insured. Renters insurance may cover stolen goods and apartment break-ins. — *Kathleen Kennedy*

FROM: <cindyluwho?>
TO: <juliebaby>

RE:OUTTA HERE!!!

DATE: Thurs. Dec. 21, 2000

Hey, Jules---

just finished my last final – YEAH!
Can't wait to get out of here!
Yikes! don't even know how I'm gettin home yet! :-(

better get on that…

Just remembered…my ***STUDENT ADVANTAGE CARD!***
I'll use it n save some CASH!

Duh!

See ya after break! I'm outta here!
-Cin :-)

Save cash on all the wheels, wings or rails you need to get yourself from here...to there.

DOLLAR RENT A CAR
Up to 15% off the *Sensible Rates*® Program: No underage fee for renters ages 21-24.

AMTRAK
Save 15% on rail fares

GREYHOUND
15% off walk-up fares

priceline.com
Add $25 to your offer on airline tickets

Get your discounts online at
studentadvantage.com
and at participating store locations.

STUDENT ADVANTAGE

You've never done it like this before.

New ways to search.

Now it's easier than ever to find savings at studentadvantage.com. Just click on "buy+save," pop in a **Zip Code** and – *voila!* – see all the places where you'll save cash. Save the list and print it out. It's that cool, that easy.

You can also search:
Featured Discounts **Partners of the Week** **Deal Search**

Whatever way you do it, it's a whole new way to search and save!

New places to save.

Check out our newest partners...

CVS.com
10% off all non-prescription orders and FREE shipping on orders of $30 or more

Spencer Gifts
www.spencergifts.com
10% off any in-store and online purchase over $20

kozmo.com
$15 worth of free movies and game rentals

MisterArt!
Free VIP membership for 12 months

STUDENT ADVANTAGE

Get your discounts at **studentadvantage.com/discounts**

SAVE ME!!!

BIGBOY: Mom!!! thank gawd you're online! I'm about to hop on the bus home and I've got 50 bucks and 2 days to get gifts for Sara, Dad, and the brat. Need help!!! major.

SLAVE-FOR-LIFE: Absolutely NO MORE MONEY!!!!

BIGBOY: :(Then WHAT?

SLAVE-FOR-LIFE: What about your ***STUDENT ADVANTAGE MEMBERSHIP***??!! You get discounts with that, right?

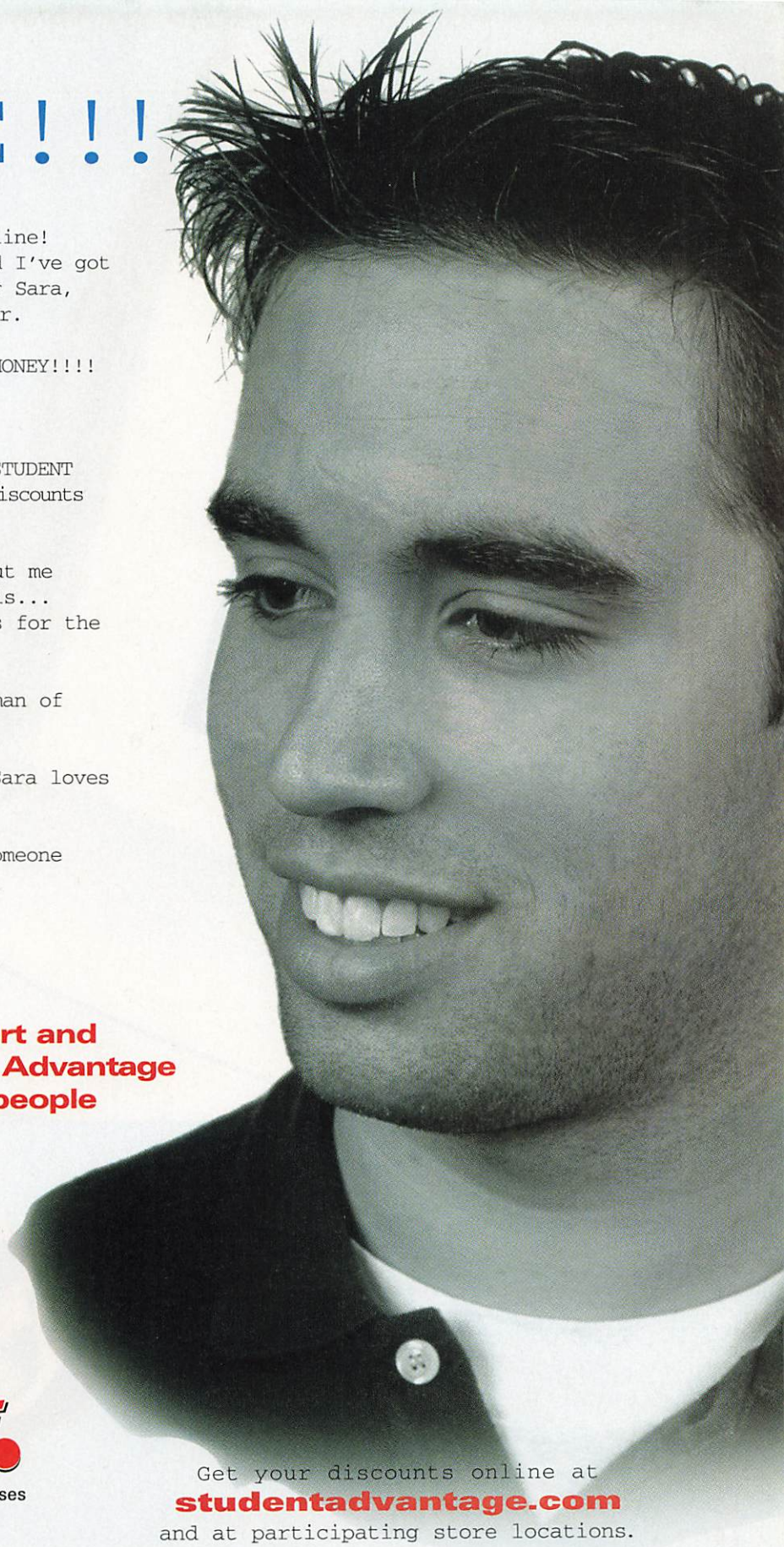
BIGBOY: YEAH!!! I spaced it! They cut me slack at some cool places. How's this... Spencer Gifts for dad, Tower Records for the brat.

SLAVE-FOR-LIFE: And what for the woman of your dreams?

BIGBOY: Got it! 1-800-FLOWERS.COM! Sara loves roses!

SLAVE-FOR-LIFE: I was thinking of someone else! :)

BIGBOY: whatever, mom. later.



Even with days running short and dollars running low, Student Advantage can save you cash on gifts people actually want to get.

TOWER RECORDS • VIDEO • BOOKS
www.towerrecords.com
10% off in stores and online

Spencer Gifts
A UNIVERSAL STUDIOS COMPANY
www.spencergifts.com
10% off any in-store and online purchase over $20

MYFF
www.myfreakyfamily.com
10% off all purchases

gallerize.com.
15% off any purchase

1-800-flowers.com℠
15% off any purchase

Get your discounts online at
studentadvantage.com
and at participating store locations.

STUDENT ADVANTAGE

Illustrations: Dale Stephanos

Are the 60s making a comeback?

Anti-corporate sentiment dominates apparent surge in student activism

By Jason Williams

HAVE YOU CHAINED YOUR HEAD TO A bike rack lately? Or tacked up posters of mutilated fetuses around campus? Or maybe you launched a red-paint offensive on all of Perdue Chicken's billboards. Or staged a rally, holding aloft signs with pithy, social commentary like "He won't cater. Vote Ralph Nader."

No? Too busy, you say. But what could be more important than actively promoting social change? You were volunteering your time at a local homeless shelter. Oh, I see ... organizing them for a march on Washington, D.C., no doubt. No? Oh, just serving food.

You've heard the stories from the "golden age" of student activism — either from your aging post-hippie parents, the guy who runs the vinyl record store downtown or maybe you just saw the VH1 special on Woodstock. Hordes of students in the 60s pressed together chanting against the evil empire of "Amerikkka": "Make love, not war," "Smile on your brother," "Equal rights for all."

Times they were a'changing — and they kept on changing. Now some believe that students have grown fat and soft and are no longer the bastions of social upheaval that they were in the 60s. But to lift a phrase from hippie poster boy "Country" Joe MacDonald, "What are we fightin' for?" Vietnam unified students of the 60s. What do today's students have?

"Where Have All The Flowers Gone?"

THIRTY YEARS AGO, at a small university set along the Cuyahoga river in northeastern Ohio, U.S. National Guardsmen opened fire on a crowd protesting America's involvement in the Vietnam War, killing four students and wounding nine.

Today the event is still memorialized on the campus of Kent State University where every May 4th speeches are given, memorials are visited and people remember. The university has even established a museum, the May 4 Resource Center, and a Web site (www.May4.net) to allow students and visitors to learn more about the tragedy. But apart from the annual dirges and remembrances, the fires of student activism that sparked the tragedy seemed to have been extinguished at Kent.

Only 23% of full-time college students voted in 1996; 2.4 million fewer student votes than 1992.

"Aside from May 4th, we're like any other campus," says Brooke Butz, a junior at Kent State. "There's a lot of awareness for that event — almost to the point of annoyance — but that's pretty much it."

Brooke isn't a member of any activist groups on campus and doesn't consider Kent State to be a politically active campus anymore. She mentions a recent campaign by the Pro-Life group Genocide Awareness (pictures of mutilated fetuses mostly) as "over the top." Brooke's content to allow people to come to their own conclusions, rather than thrust the bloody, mangled stuff of propaganda in the faces of nonbelievers.

"I don't try and force my beliefs on other people," she says, and without a unifying issue like Vietnam she believes her generation would prefer to focus on themselves.

Amanda Brannon, a 20-year-old senior at University of Georgia, agrees.

"It takes an awful lot to get (students) riled up about something, and it has to affect them very personally. But as far as standing up for the rights of people or what's going on on the other side of the continent or the other side of the globe, I think it is indicative of people my age, you know, in their early twenties."

Amanda considers herself somewhat of a history buff and has spent some time looking through the UG student newspapers from the 70s and 80s. She believes that students are more apathetic than they used to be, but defends her generation, saying that so much more is expected from students today that it's logistically difficult to be politically involved, especially when there are so many causes to choose from.

"It's really hard to work and go to school, and there's so much information it's almost like overload," she says. "You don't know what you should care about. I guess a long time ago when there were only a few big things in the news and that's what everybody was talking about all the time, it was easier to care about something."

The numbers seem to bear out Amanda's thinking, as studies by UCLA and Medill News Service both indicate a decline in student activism. According to a Medill News Service Poll, only 12 percent of 18- to 24-year olds have ever participated in a political demonstration or a march, only 10 percent have volunteered in a political campaign and only 22 percent have written letters or spoken to their government representatives. UCLA's annual survey of incoming freshmen found that only 27 percent were "keeping up to date with political affairs," as opposed to 58 percent in 1966.

Furthermore, students didn't "rock the vote" in the last presidential election, reflecting an overall low voter turnout. According to the National Center for Educational Statistics, only 23 percent of full-time college students voted in 1996 (an all-time low) and 2.4 million fewer student votes than in 1992.

But despite the anemic numbers, many campus leaders and activists believe that student activism is on the verge of a comeback due to a core of very dedicated and motivated students and thanks in large part to the Internet.

Badger Attack

TAKE, FOR EXAMPLE, the story of "Bucky the Badger." No, it's not a parable, teaching you that you shouldn't run with scissors. "Bucky the Badger" is the mascot of the University of Wisconsin. The little buck-toothed rodent is featured on several different styles of "Wisconsin Wear," sold at the campus store at very reasonable prices.

Problem is, the reasonable price comes at a cost, as many of the "Wisconsin Wear" items were allegedly made in sweatshops in the United States and abroad, where workers make pennies for long hours in horrible conditions. Some students were horrified enough by the stories of sweatshop laborers they heard or read about that they formed the Madison Anti-Sweatshop Coalition.

The primary goal of the organization was to convince the administration to drop their affiliation with the Fair Labor Association (FLA) — which, according to anti-sweatshop groups, has more lax guidelines that allow sweatshops to continue — and join the student- and consumer advocate-formed Worker Rights Consortium (WRC).

74% of incoming freshman said they volunteered once this year vs. 62% who had in 1989.

In February of this year, what began as a rally of about 80 students quickly escalated into a sit-in in Chancellor David Ward's office in Bascom Hall. Using U-Locks (strong, metal bike locks) protesters locked themselves together and demanded the university drop its affiliation. Eventually, the chancellor partially conceded to the students' demands, dropping the university's affiliation with the FLA and "provisionally" joining the WRC (http://www.workersrights.org/). Several protesters were unhappy with the chancellor's reluctance to remove the provisional label and refused to leave. After a three-day standoff, the campus and Madison police were brought in to forcibly remove the students. Fifty-four protesters were arrested, spent the night in jail and had to pay a $150 fine.

"I feel I'm a more informed person because of these protesters," says Alicia Hammond, a Wisconsin-Madison junior who covered the event for her school's newspaper. "There are horrible, horrible things happening to these people in sweatshops, and (most students) are like who

cares 'cause I can get my UW-Madison sweatshirts for $9.99."

But despite the majority of students who don't seem to care, Alicia believes her generation is still a caring generation overall. "Sometimes I think there needs to be more, but there are people who sacrifice a lot of time and get those issues out there."

The sweatshop issue has been around, of course, since the Industrial Revolution gave rise to the factory system. Ever since, unions have been fighting against the exploitation of poor, unskilled workers. But a more recent phenomenon is student groups that have been organizing themselves nationally. In October 1998, students created the Students Against Sweatshops Coalition (SASC), a national organization to unify the student organizations on campuses across the U.S. The Washington, D.C.-based SASC currently boasts 100 member-organizations.

Wisconsin's Anti-Sweatshop Coalition is just one out of several student groups in the Big Ten, including another national organization, United Students Against Sweatshops (USAS), based at the University of Michigan. According to the USAS, there are over 200 anti-sweatshop organizations at campuses nationwide (http://www.usasnet.org/). And now it appears that they are making a concerted effort to work together.

"My experience is that activism is flourishing right now on college campuses," says David Moore, a board member of the WRC and a member of Brown University's anti-sweatshop activist group (see sidebar p. 22). "The anti-sweatshop campaign led by United Students Against Sweatshops has been hugely successful thanks to student support, and the Student Alliance to Reform Corporations (STARC) is doing great work."

The Student Alliance to Reform Corporations is a network of student activist leaders from various causes that attempts to bring together the anti-corporate sentiment that underlies a lot of current student movements. But despite the early success of campaigns, David admits there's much to do to unify a student population that seems split in a hundred different directions.

Identity Politics and Special Interests

TODAY'S STUDENT ACTIVISTS are fragmented into a plethora of "special-interest" groups, the negative buzzword at any Republican caucus (although they have their interests too).

At Washington University, for example, the fight has been largely personal for one group, which is trying to get the administration to recognize them, even as the federal government does not.

The WU Reserve Officers Training Corps., or ROTC, has long followed the government policy of "don't ask, don't tell" when dealing with enlistees who are homosexuals. That would seem to be in direct contrast to the university's policy that prohibits discrimination on the basis of sexual orientation. The debate over whether ROTC should follow federal guidelines or university policy erupted after a much-publicized disbanding of the ROTC at Rutgers University because of the policy conflict.

But the sticking point for most universities was the enormous amount of federal funding that would be lost if ROTC went AWOL. Members of a 30-year-old gay and lesbian group called GaMIT at the Massachusetts Institute of Technology at Cambridge held a rally last year, calling on the administration to ban ROTC, which would cause MIT to lose nearly $270 million in federal funding. Needless to say, MIT decided not to throw out the money with the baby and the bath water.

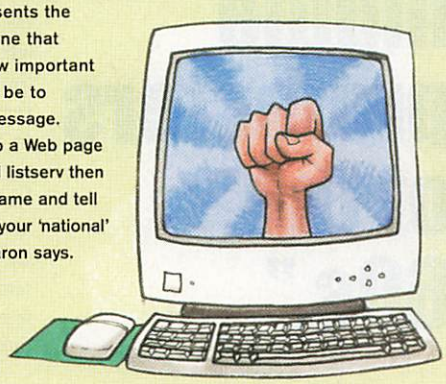
Another issue that is gaining momentum and popularity on college campuses is animal rights. At the University of Minnesota, a student group called SOAR has been working for years to stop Professor Marilyn Carroll who has been conducting drug addiction research on primates and rats.

"(We've staged) protests outside of her office; we've held educational

THE REVOLUTION WILL BE WEBCAST

It was the relatively primitive communication of radio that first got 24-year-old Aaron Kreider interested in making a difference, specifically a community-run radio station in Vancouver that detailed the massive injustices that were occurring worldwide. And it was living under Canada's Progressive Conservative Prime Minister, Brian Mulroney, that convinced him something needed to be done.

When he moved to Indiana to attend Goshen College, he met like-minded people and joined the Student Environmental Action Coalition (SEAC), participating in rallies, demonstrations and media campaigns. He and another student used their computer skills and resurrected the national SEAC database.



Aaron represents the new activist — one that understands how important the Internet can be to spreading the message.

"If you set-up a Web page and/or an e-mail listserv then you can pick a name and tell everyone to join your 'national' organization," Aaron says. "We've seen a relatively large number of attempts at forming a new national student organization in the past several years."

When he graduated from Goshen in 1997, Aaron entered a Ph.D. program at Notre Dame University in Indiana, switching from economics to sociology. While at ND, he founded the Notre Dame Progressive Student Alliance (http://www.nd.edu/~psa) and used the Internet to help establish the group.

For him, activism isn't just a rebellious college phase; he'd like to make it his life's work. And Aaron believes the future of activism will be in bytes and IP addresses.

"The Internet has facilitated communication between like-minded students. It aids the running of pre-Internet student organizations and allows current student movements to grow very rapidly," he says.

The Progressive Student Alliance (PSA) "opposes all forms of oppression and is working for social justice by raising awareness of social issues, cooperating with existing groups, empowering students and encouraging action," reads the mission statement on their Web page. The PSA fights against sweatshops, for gay rights, critiques U.S. military policy, etc.

"Students need to recognize that the United States is not a democracy," says Aaron. "Our government and most major institutions (such as our universities and the media) are under the control of large corporations that put profit before the needs of the American people. Students need to challenge corporate power and work for democracy on campus, in our communities and at a national and international level."

Aaron participated in a "soft-blockade" in D.C. at the World Bank protests and found the protest to be "uplifting" because it showed how unified student activists can be.

"Most activists are strongly opposed to racism, sexism, heterosexism, economic inequality, environmental destruction and war," he says. "You'll find a very high rate of vegetarianism or veganism, even if they aren't working on environmental issues."

Aaron encourages students to get involved and says the key is to "have goals that are winnable and choose tactics to put pressure on your target to achieve them, (while) radicalizing/educating people in your organization and community."

forums. We table educational issues, push for vegetarian/vegan lifestyle," says Matt Bullard, a former student who still works with the group. Bullard believes the recent student surveys fail to represent a recent rise in the number of students becoming more active around the nation.

At the University of Illinois, student protests and People for the Ethical Treatment of Animal's (PETA) national campaign contributed to the administration's decision to stop animal research, despite protests from the science department, which says animal research is necessary for almost all kinds of medical research.

"We're not the hippie protesters of the 60s."

Often action becomes necessary when it directly affects students' wallets. Several students have been spurred to activism in the face of rising tuition, student fees and housing costs. At New York schools in the CUNY and SUNY systems, massive protests were held over proposed tuition hikes.

"I would have had to drop out," says sophomore Jeff Feldman, who participated in one of the rallies. "It's difficult for students who are working and paying their way through school to deal with these (tuition hikes). I think it turns people into activists really quickly."

Other student groups attack a school's failure to address the multicultural concerns of its student population, from affirmative action battles to petitioning that Latino studies be added to the curriculum, and these battles are often intensely personal.

Hoku Jeffrey, a 22-year-old senior at University of California-Berkeley, believes that activism is again gaining momentum at his campus, the former hotbed for student activism in the 1960s. Hoku is a member of BAMN, By Any Means Necessary, which seeks to save affirmative action.

Hoku believes that the protests that occurred against the World Bank and International Monetary Fund (IMF) last December in Seattle are a good example of the resurgence of activism among young people, and although his group's agenda may not neatly align with the other protesters, he believes that they are all a part of a "new civil rights movement" that seeks to prevent the spread of global capitalism from trampling upon civil rights.

The World Bank "Heist"

MANY AMERICANS watched the IMF/World Bank protests in Seattle and wondered what was going on. The protesters operating under the umbrella organization Mobilization for Global Justice represented a myriad of different agendas — from socialism to anarchy, worker's rights to environmentalism.

The look of the protests in Seattle certainly called to mind the images of the 60s — puppets burning in effigy, signs, chanting, music. But unfortunately "peace and love" were replaced with violence and property damage. More than $2.5 million in property damage was done to downtown businesses said some estimates. Protesters claim that the majority of damage was inflicted on stores and franchises that support the kind of globalization of greed that they are fighting, but the average televison

ANTI-SWEATSHOP STUDENT LEADER SAYS STUDENTS CARE

Is this the second coming of the "Me" generation? Don't believe the hype, says David Moore, a 21-year-old student at Brown University who is interested in helping not just people in this country but all over the world. He says that student activism is seeing its biggest resurgence since the 60s.

"When I think about what I do at school, I consider myself first as an activist," says David. "To me, this means that I spend a significant amount of time on anti-sweatshop issues, but also that I stay aware of other causes on campus and around the world. For example, I try to stay on top of campaigns like supporting a living wage for Brown workers, welfare reform in Milwaukee (his hometown), and studying the role of the International Monetary Fund in the Asian financial crisis."

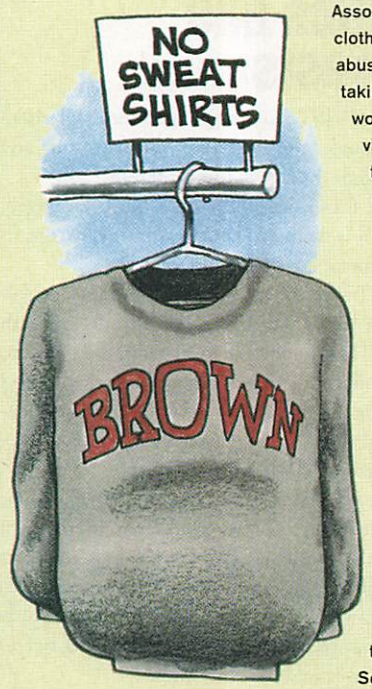
All and all, it's a terribly busy schedule for someone who also has classes to take and papers to write, but David felt he had to do something when he learned first-hand of the terrible conditions.

"I got involved in the anti-sweatshop campaign the same way a lot of other students did: by hearing a worker my age from the Dominican Republic speak about 13-hour work days and poverty-level wages," he says.

David and a group of about 60 Brown students joined others in Washington, D.C., on April 16th to protest the World Bank. Bunking down in sleeping bags at a nearby Jewish Community Center and occupying an intersection to picket and talk to the media — it's not exactly the typical "What I did for summer vacation" essay.

David was also particularly proud of the campaign that he participated in as a member of the Brown Student Labor Alliance, in which they walked into the president's office with clothing labels taped over their mouths.

"The labels symbolized a similar 'sweat-free' label that a group called the Fair Labor Association is planning to put on clothing that may still be made in abusive labor conditions, thus taking away some of the workers' ability to publicize violations," David says. "After that action, our president informed the Fair Labor Association that our school was not going to allow these labels to be sewn into Brown apparel."



Asked if he believes today's students are complacent when it comes to politics and activism, David says that he doesn't think so.

"I think right now we're getting more public exposure from both ends of the spectrum: There are those out in the streets of Seattle and D.C., and those flaunting conspicuous consumption. Clearly, a generation will always have a spectrum of commitment to social justice, but I think college students right now are the most committed students since the 1960s — and more effective."

Did you really think the best jobs were posted for *everyone* to see?

JOBTRAK.COM™

Contact your university's career center today
for a password into JOBTRAK.COM

"BEST SITE FOR UNDERGRADUATE AND GRADUATE STUDENTS LOOKING FOR FIRST JOBS OR INTERNSHIPS." — *Forbes Magazine*

viewer saw chaos and anarchy and very few signs of a unified movement.

Protest organizers Mobilization for Global Justice (www.a16.org) representatives claim that the practices of the World Bank and IMF are devastating the economies of impoverished or "third-world" nations, starving their people and keeping them in debt. The World Bank and its sister institution were created in the wake of World War II to help reconstruct impoverished nations and stabilize the world economy. To date they have provided over $29 billion in loans to 92 member countries.

However, critics say that the World Bank and IMF force a nation to abide by policies — such as cutting government spending, funds for oil, gas and mining projects and liberalizing trade — that damage the environment and hurt local businesses.

"The fact that institutions based in Washington and largely controlled by the U.S. Treasury Department have been starving peoples around the world for two decades is a scandal. That people in the U.S. are barely aware of the fact is a disgrace," proclaims their Web site.

The Mobilization for Global Justice attempted to use the Seattle protests as a springboard to build publicity for their cause and had such big-name, activist-celebrities as Susan Sarandon speaking to the media. But the media perception was largely that it was a chaotic mishmash of different causes and beliefs.

"I'm just here to see Rage (Against the Machine)," one student told a reporter from the *Washington Post*, referring to the activist rock group that was set to perform a free concert.

Protests in Washington, D.C., and at the Republican and Democratic conventions in Philadelphia and Los Angeles, respectively, seemed to have been a bit more controlled and/or tame than those in Seattle. Still, the overall impression given by the media and onlookers was that there were far too many causes being promoted with little unification.

"The causes are diffused because there are so many things going on that are wrong," says Aaron Kreider, a 24-year-old graduate student in sociology at Notre Dame University who participated in the D.C. protest (see sidebar p. 21). "Also, even though it often seems that a person who works on one issue only cares about that, it is extremely likely that they care about many other issues as well and are only working on the one that they care about the most because of limited time and energy."

Melissa Shepard, 21, a senior and president of SUNY-Buffalo's Lesbian, Gay, Bisexual Alliance (LGBA) agrees. "We're all fighting for similar causes. Classism, sexism, racism, heterosexism are all linked; all the oppressions have a common cause and so if we could all recognize that it would go a long way," she says. (see sidebar p. 24)

Generation Why?

IF YOU BELIEVE the surveys, political involvement is down, but perhaps the numbers are deceiving because they rely on traditional forms of activism (i.e. sit-ins, rallies, letter writing) and don't account for new media activism.

The Internet is the ultimate political mobilization tool. The use of networked Web sites and e-mail listservs can organize groups separated by miles and mountains. A search on student activists yields nearly 7,000 hits and many of them are individual sites started by students (see sidebar, p. 21). Of course, students must still make their presence known at the rallies and sit-ins, if they truly want to affect a change, but perhaps the cyberworld is the most advantageous place to gain a foothold for recruiting others.

But are students interested in serving for a cause? The answer may be surprising. The same UCLA survey that found that students are not participating in rallies or other forms of civil disobedience also found that students are increasingly volunteering their time to not-for-profit agencies, helping out at nursing homes, churches, etc.

A whopping 74 percent of incoming freshman said that they had volunteered at least once in the past year, compared with 62 percent in 1989. And a record one in five students volunteers his/her time at least three hours a week. Perhaps this generation of college students, rather than trying to change the minds of politicians, is more interested in helping out those who may be hurt by current policies or laws.

"Some people really care about things and some don't. I think that's how it's always been," says Alicia Hammond. "We are not the hippie protesters of the 60s; we go about things a little bit differently. We don't have one major cause, but there are many little causes and people work really hard." ■

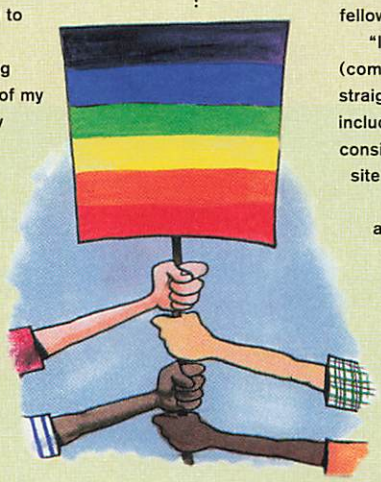
THE PERSONAL ISN'T ALWAYS POLITICAL

Melissa Shepard joined the Lesbian, Gay, Bisexual Alliance for the same reasons that many others did — it provided somewhere to socialize, to have fun. But now she feels compelled to make it something more.

"I definitely thought I could contribute something and hopefully get more people active — that's one of my main goals," says Melissa, 21, a senior and the new president of SUNY-Buffalo's Lesbian, Gay, Bisexual Alliance (LGBA).

The State University of New York at Buffalo is not known for its activism. Located in upstate New York, SUNY-Buffalo (http://www.buffalo.edu/) is a public university with an enrollment of approximately 28,000.

At SUNY-Buffalo gay, lesbian, bisexual, or transgender students who may not be comfortable living with a roommate who may not understand and/or accept their lifestyle have the option of living in special-interest housing, affectionately named the "Queer Zoo."



LGBA also offers a Coming Out Support Group where members and friends can discuss any issues they may have dealing with being gay, or being a friend of someone who is gay. In addition, the group puts on the Gender Roles & Sexuality Program (GRASP) to educate fellow students about differences in sexuality.

"In a GRASP program, we bring a panel of students (composed variously of gay men, lesbians, bisexuals and straight allies) who do presentations on all of these issues, including activities to involve the audience and make them consider the ideas more carefully," reads the group's Web site (http://wings.buffalo.edu/sa/lgba/).

Although she admits that SUNY-Buffalo isn't very active, she bristles at the apathetic label that some would place on her generation, and explains that, especially for the members of LGBA working through personal issues comes before working on political issues. Melissa says that even she needed the pressure and push of maintaining an office to nudge her toward activism.

"I really don't understand all that generational stuff. A lot of (students) are still at a point where they are working through these issues, and we provide the support system for them," she says. "It's not so much apathy, but where they are in their lives."

yet another reason to procrastinate this semester

free delivery in under an hour.

Student Advantage Members receive $15 of FREE movie and game rentals when you open a Kozmo account.

Go to

studentadvantage.com/kozmo

and sign up today!

Offer only good toward movie rentals, game rentals, and late fees. The first 500 Kozmo points ($5 rental value) will be awarded upon registration with kozmo.com and the remaining 1000 Kozmo points ($10.00 rental value) will be awarded in two 500-point allotments on the 30th day and the 60th day following initial registration. At no point can this credit in the form of Kozmo points be exchanged for cash. Offer is only good once for each Student Advantage member. **All points must be redeemed at studentadvantage.com/kozmo.** Offer expires 8/31/01. Subject to service availability. ©2000 Kozmo.com, Inc.

Ecstasy

What you need to know

By Matt Villano

THE FIRST TIME MOLLY TRIED ECSTASY WAS, AS SHE PUTS IT, "ONE TO REMEMBER." SHE WAS alone in her apartment with her boyfriend and within 30 minutes of downing the pills, everything became "warm and fun to touch." He rubbed her back as if he were waxing a car. She, discovering the tickle of his two-day stubble, brushed her chin against the side of his face, over and over and over again, until she rubbed her chin raw. They talked about their love and about their future and about what Molly remembers as "a lot of really mushy stuff." Then, she says, they pumped up the Massive Attack, danced a bit, wrestled and … well, you can probably guess what happened next.

"Everything seemed so … alive that night," Molly says, looking back. "He was my boyfriend, and he had probably touched me 1,000 times before, but something about his touches that one time — I don't think they've ever felt the way they did then. It was like my skin was exploding. It was just … just amazing."

The next morning, and the morning after that, Molly was, as she describes it, "broken." She could hardly get out of bed, and once she did, she couldn't bear the thought of leaving the apartment. Friends called with good news, and she wouldn't so much as crack a smile. Even Eric, who came over both days with flowers, didn't cheer her up.

Welcome to the world of Ecstasy, where the average trip takes you higher than high and the aftermath can bring you perilously low. Initially confined to nightclubs and raves, the teeny-tiny drug has burst into mainstream culture over the last few years, generating buzz among college students as the "high of the new millennium." A recent survey by Monitoring the Future, an Ann Arbor, Mich.-based thinktank affiliated with the University of Michigan, indicates that Ecstasy use among people ages 18-24 rose from 3 to 8 percent last year alone. What's more, experts at the Drug Reform Coordination Network (DRCNet) in Washington, D.C., casually note that college students are the fastest-growing segment of Ecstasy users across the board.

While Ecstasy can make you feel great, scientists and experts warn the drug has some dangerous and life-changing side effects as well. A handful of colleges and universities have included Ecstasy in their annual drug education curriculum, and others say they plan to do so this year. Still, experts say few schools have done enough to educate students about Ecstasy. The result, says Emanuel Sferios, founder and director of Dance Safe, a club-drug awareness organization in Oakland, Calif., is a nation of young people who don't know what they're getting themselves into when they "roll," or use E.

A LESSON IN E

Indeed, as Sferios implies, before a student can make a wise decision, he or she must understand what Ecstasy is all about. On the street, it's called E, X or roll. In the lab, the drug's name is MDMA, or 3,4 methylenedioxymethamphetamine, and it belongs to a family of euphoria drugs called "entactogens." Usually seen as harmless, hangover-free fun, Ecstasy induces waves of euphoria and heightened physical sensations. Unlike cocaine and marijuana, the drug is not disorienting enough to prevent users from remaining aware of their surroundings. It's high-intensity without guilt; the ultimate "feel-good" drug.

Pills usually sell for $20 or $30, and they often come embossed with a popular icon, such as the Nike swoosh or Tweety Bird. When users take them, the MDMA triggers a massive release of serotonin, the neurotransmitter that helps control bodily functions such as sleep, memory and heart rate, basically acting as a short-term antidepressant (see illustration, p. 28).

During a roll, this feeling is unbelievable. After it, however, depression sets in. A recent study by the National Institute on Drug Abuse showed that serotonin levels in a post-Ecstasy brain are significantly lower than normal, meaning that the drug depletes a brain's supply so drastically that certain bodily functions slow to a crawl. This, in turn, leads to post-roll depression, or what users more commonly call the "Tuesday Suicide." As Molly experienced first-hand, it's basically a hangover from hell.

"Used in moderation, the drug is fairly harmless," says Felicia Adams, a former chemical health educator at Northwestern University in Evanston, Ill. "After that, man, I don't care why you are using this stuff, you better look out. In large, repeated doses, E can get dangerous."

Scientists and experts such as Adams aren't sure how long the negative effects of E remain, but know that repeated bouts with the E-induced malaise can lead to severe long-term depression, schizophrenia or another psychosis. New, more comprehensive studies also indicate that just one roll can alter the brain forever, and that repeat users risk the possibility of severe brain damage. A paper by Johns Hopkins University researcher George Ricaurte compared

the brain scans of 14 Ecstasy users to non-users and found nerve damage that persisted for at least seven years. Independent psychologists, such as Wilkie Wilson, a neuropharmacologist at Duke University, say first-hand experiences show the effects of the drug can last even longer.

Wilson, who recently co-wrote *Buzzed: The Straight Facts about the Most Used and Abused Drugs from Alcohol to Ecstasy*, alleges that with repeated use, Ecstasy not only alters but destroys serotonin-producers in the brain, minimizing brain performance and contributing to a lifelong stupor. Wilson says he's experienced this first-hand with some of his patients. He adds that everyone loses these faculties over time, but notes that repeated rolling will eliminate them prematurely.

"Ecstasy users probably don't realize this, but they are aging themselves," Wilson says. "I expect them to have clinical depression and sleep disorders down the road. It impairs learning, which is particularly a bad thing for (students)."

Though health officials have yet to prove that Ecstasy is addictive, many, such as Alex Stalcup, a physician who runs a drug treatment center in Concord, Calif., say that people with depressive personalities can get hooked on the euphoria pretty fast. While these statements only represent Stalcup's observations, he points out that there are three new U.S. studies underway to determine whether the drug does in fact cause certain users to develop dependencies.

OTHER DANGERS

While researchers such as Stalcup and Wilson try to figure out the medical effects of E, other experts spend their time educating young people how to use the drug safely. Police in cities all over the country have blamed Ecstasy for a number of recent deaths. To curtail misuse and reduce these statistics, a number of national organizations have launched campaigns to educate young people about the drug. Leading the way is the National Institute of Drug Abuse, which placed 350,000 postcards with warnings in racks at clubs, record stores and student centers across the country, and will spend $54 million on Ecstasy research this year, 40 percent more than it spent in 1999.

> **"Ecstasy users probably don't realize this, but they are aging themselves."**
>
> — *Wilkie Wilson*
> *neuropharmacologist,*
> *Duke University*

At Dance Safe, Sferios is spreading the word as well, distributing hundreds of thousands of leaflets and pointers on the drug. According to Sferios, Ecstasy can be dangerous when used without water, or when it contains a substance other than MDMA.

All stimulants raise body temperature, and Sferios explains that taking E while dancing or working out can dehydrate users to the point of heatstroke. He adds that sometimes Ecstasy tablets contain DXM, a cough suppressant that dries out the lungs and skin, causing further dehydration. To avoid these conditions, Sferios encourages Ecstasy users to drink one glass of water every hour (don't drink too much water — in rare cases, E causes excess water to gather in the body's cells) and to test pills to make sure they are pure MDMA (see sidebar p. 27).

Still, because Ecstasy is illegal, physical dangers are only half the problem with using the drug. Anyone caught with it can be subject to arrest, and in some states, being nabbed with so much as one pill can land users a steep fine and time in jail. Until recently, law enforcement had shrugged its shoulders to the drug, but as the lure of phenomenal profits has attracted organized crime into the business, police are getting more involved. Earlier this year, federal authorities arrested Sammy "The Bull" Gravano, a former mafia hitman, for allegedly running an Ecstasy ring in Arizona that distributed 25,000 pills a week, worth half a million dollars on the street.

"It's truly a global business, and it has completely erased all the old routes law enforcement had mapped out for the smuggling of traditional drugs like heroin and cocaine," U.S. Customs Commissioner Raymond Kelly has said. "Ecstasy is a category-one, dangerous drug, and we have to crack down."

Customs agents and federal officers confiscated more than 4 million tablets between Oct. 1, 1999 and Feb. 29 of this year, says Kelly.

On a recent summer night, police found more than 1,000 tablets among patrons at one Los Angeles dance club. Still, raids like this are not common. Instead, authorities in cities

PURPLE POSITIVE

So you've been toying with the idea of trying E. Your friends keep telling you it's the best high and it lasts forever. On the other hand, you've seen them crash for days after they roll. And yet, you're still curious.

But how do you know that the E your friend has is the real deal? Ahh... err, well, you don't. There is only one way to be certain that pill is pure MDMA and not something that will kill you. Run a lab test.

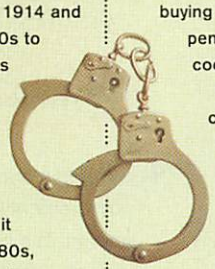
If you feel that you MUST give in to curiosity, the least you could do is try to protect yourself. Buy an EZ Test kit (www.eztest.com) for $18. The kit, which is no high-tech lab test, contains a liquid solution that changes color in the presence of certain substances, one pill at a time. To use it, scrape some dust off the pill and squirt a drop of solution on it. Then wait and watch.

If the shavings turn black or purple quickly, the pill contains an Ecstasy-like substance. If they turn any other color, you may have speed, cocaine or DXM, a cough suppressant that dries out your skin. The chemical does not pick up PMA, a dangerous chemical sold as Ecstasy.

"E" – ALL THE RAVE FOR NEARLY 86 YEARS

Chances are, Ecstasy is older than your mom and dad. The drug was first patented by a German pharmaceutical company in 1914 and was first widely used during the 1970s to help patients open up to psychiatrists during therapy. By the end of that decade, it had crossed from the couch to the dance floor at gay discos in New York, Chicago and Dallas. X, as it was called then, was as common at raves as techno. And it gained in popularity until the mid 1980s, frequently rivaling cocaine as the designer drug of choice.

Finally, in 1985, politicians had had enough, and former Texas Senator Lloyd Bentsen successfully lobbied to have the DEA make E a "Schedule 1" drug. By 1986, those caught buying or selling the drug faced criminal penalties similar to those for pushing cocaine or smack.



Today, about 90 percent of Ecstasy comes from northern Europe, primarily the Netherlands and Belgium, where labs can produce a pill for less than a dime. Officials from the Drug Enforcement Agency say Israeli crime groups dominate distribution. Dutch and Israeli authorities seized more than 1 million tablets and arrested 49 people in August alone.

around the country are increasing pressure on local businesses to police themselves. In New York, for instance, bouncers at popular hotspots are instructed to confiscate open containers of Tic-Tac mints, in case someone is secretly carrying E. In San Francisco, Sferios says, rave organizers will go so far as to strip-search certain people or limit admission on a subjective sobriety check at the door.

E ON CAMPUS

As prevalent as E has become in the club scene, experts say the drug is even more popular on college campuses. How many of these young people understand the dangers of Ecstasy? Informal polls by Monitoring the Future indicate that fewer than 10 percent of the young people who say they take Ecstasy admit they understand what the drug is all about. Sferios assumes these statistics apply to college students as well.

For doctors and experts, such as Duke University's Wilson, these numbers are unnerving. To make matters worse, only a handful of the nation's collegiate health services devote resources toward educating student constituents about the potential dangers of the drug, opting instead to spread the word about alcohol and drugs, such as marijuana and heroin. Steve Silverman, a regional director at DRCNet, declares that these education programs are "critical" and implores offending academic officials to reconsider their approach.

Only 10% of young people who have tried Ecstasy understand its effects.

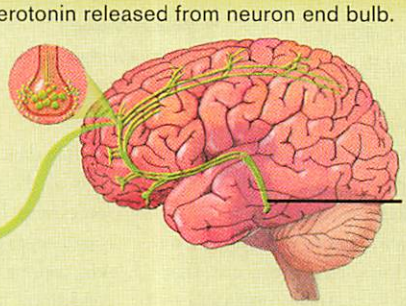
"Tell (students) what the drug could do, tell them the dangers, tell them why people take it and tell them what they can do to reduce the risk of danger," he says. "The stuff isn't rocket science; it's just common sense. You give them the information, they'll make the best of it."

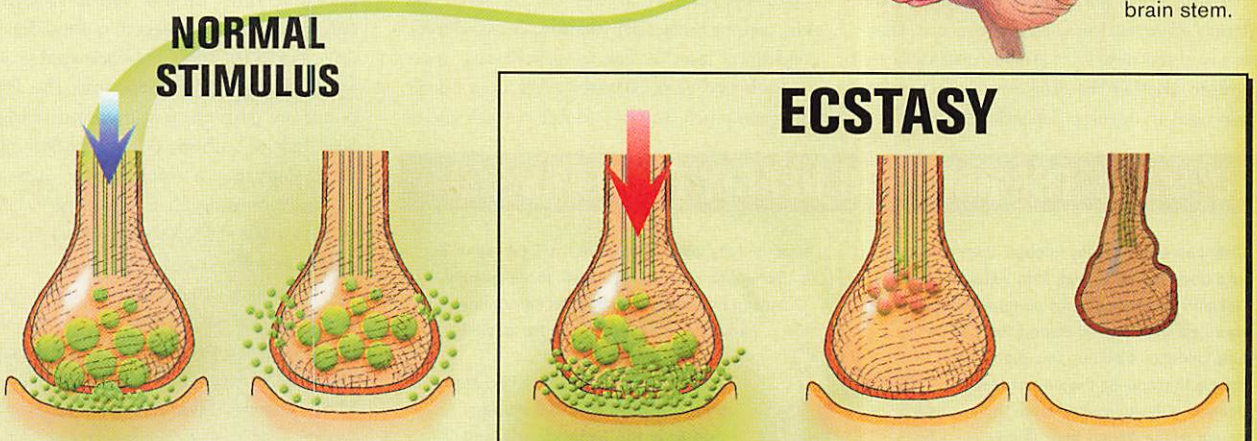
Silverman is quick to cite the names of schools that do teach their students about Ecstasy — Indiana University of Pennsylvania, Brown University in Providence, R.I., and the University of Colorado in Boulder. Rather than offer a similar list of names, Sferios opts to discuss how his organization is taking a more aggressive approach toward education, establishing outreach programs for schools of every shape and size. At the University of California in Berkeley, for example, Dance Safe representatives recently taught a free class about Ecstasy. Students flocked by the dozens to learn about the history of the drug (see sidebar p. 27), the dangers and the side effects.

Looking ahead, efforts are underway for a national Ecstasy Information Network sponsored by the National Institute of Drug Administration. Better still, new, informative and doctor-approved Web sites have been sprouting every week, making insider news about the drug more accessible than ever before. ■

HOW ECSTASY AFFECTS THE BRAIN

Just one roll can change the way your brain produces serotonin. Serotonin is the happy drug that your brain produces whenever you are depressed. Rolling forces the brain to release all of its serotonin in one shot creating the euphoria of E. Rollers hit Tuesday Suicide because their nerve endings become deformed or die.





1. Normal serotonin release relieves depression.
2. Serotonin re-enters the neuron to be used next time you are depressed.
3. Ecstasy forces the release of all stored serotonin.
4. Serotonin does not re-enter the neuron. The neuron is destroyed. Severe depression sets in.
5. The nerve ending either dies or becomes deformed.

Carol Donner

FROM: <mullet-o-matic>
TO: <lumpy>, <tinyD>, <foley703>, <skinman>, <theloser>

RE:DELIVERANCE!!!!

DATE: Thurs. Nov. 16, 2000

Attachment(s): 1)topomap.pdf 168kb

Dudes---

Just gassed the 4x4 n wanna make sure you Mountain Men
are ready for the big weekend on Scarface.

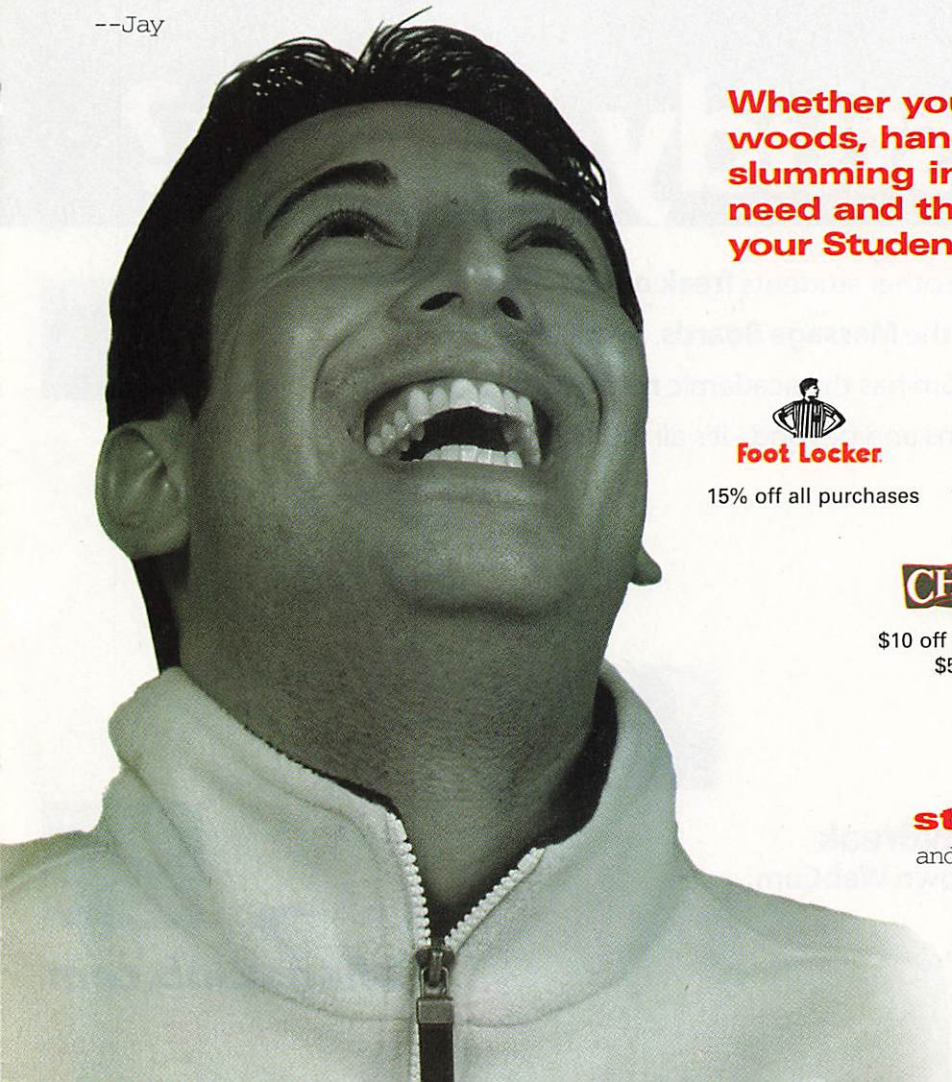
No backin down!

also...hope you're cooool with gettin the rest of the gear...

DON'T FORGET-- save some CASH!
USE YOUR STUDENT ADVANTAGE CARD!
I saved a TON on new kicks, a pack and a really rad fleece.
Un-freakin-real! Hey, we'll party with what's left over!

See ya bright-n-early! TAKE NO PRISONERS!!!!!

--Jay



Whether you're weekending in the woods, hanging in the burbs, or slumming in the city, get the gear you need and the savings you want with your Student Advantage Card.

Foot Locker
15% off all purchases

eBags
10% off and FREE shipping

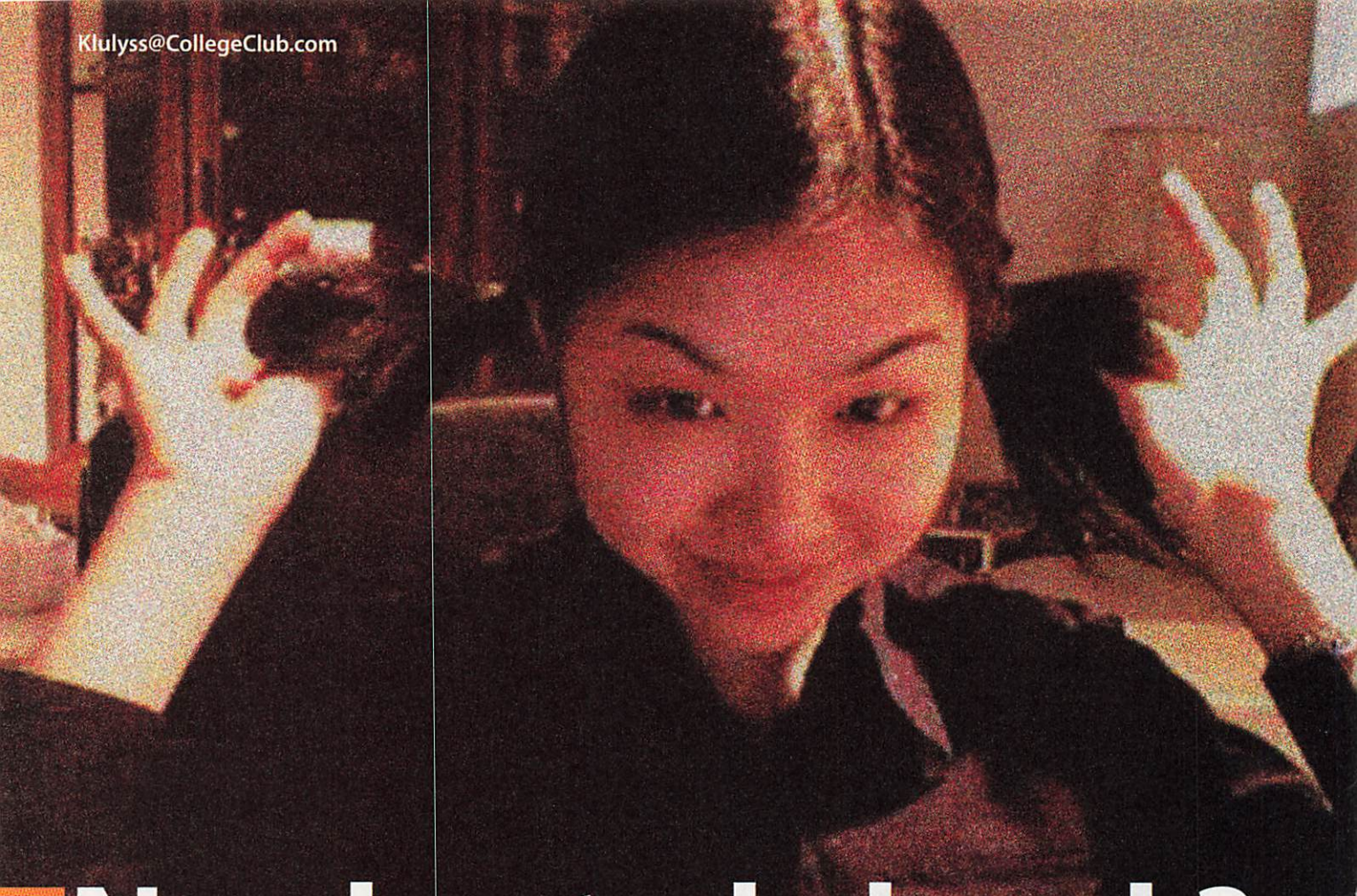
Rockport
Up to 35% off

CHAMPS SPORTS
$10 off any purchase of $50 or more

RailRiders
15% off shorts, pants, fleece and vests

Get your discounts online at
studentadvantage.com
and at participating store locations.

STUDENT ADVANTAGE



Need a study break?

Relieve some school work stress. See other students **freak out** on WebCams or let your prof have it on the **Message Boards**. And if it's **study help** you need, CollegeClub.com has the academic **resources** to help you make it through midterms and beyond - it's all **FREE**.

Log on.

WIN a WebCam!

Log on to www.CollegeClub.com/StudyBreak for your chance to win your very own WebCam. It's free.

Go to www.CollegeClub.com/StudyBreak for official rules.

CollegeClub.com is a division of Student Advantage

CollegeClub.com™
it's all U.™

IBM Thinkpad i 1210/500 MHZ
edu.com: $989.95
list price: $1099.00
you save: $109.05

Microsoft Office 2000 Pro
edu.com: $169.95
list price: $599.95
you save: $429.05

Epson Stylus printer
edu.com: $88.95
list price: $129.95
you save: $41.00

Save $579 on computer stuff at edu.com

Use it for room and board.

The best prices **available only to students** on computers, software, textbooks, electronics and more.

edu.com
Students save. Others don't.

The Perfect Schedule

The ideal schedule. It's every student's dream, every undergraduate's mission, to achieve that perfect blend of somewhat interesting classes with time slots that allow for maximum sleep and free time. Well, take that principle one step further. Imagine you could take any class offered at any university at any time you want. Your schedule would be the killer schedule of all time. We've taken a stab at it, and come up with the following. Who wouldn't want to go to classes like these? — *Kathleen Kennedy*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 11:00am		Philosophy 200B The Philosophy of *The Matrix*		Philosophy 200B The Philosophy of *The Matrix*	Well-deserved DAY OFF!!! (Key element in any dream schedule)
11:00 – 12:30pm	CAS HI 380 American Popular Culture: Film and Humor	HA530 Anheuser Busch Seminar in Quality Brewing and Fine Beer	CAS HI 380 American Popular Culture: Film and Humor	HA530 Anheuser Busch Seminar in Quality Brewing and Fine Beer	
12:30 – 1:30pm	LUNCH	LUNCH	LUNCH	LUNCH	
1:30 – 2:30pm		Humanities 410 Values, Media and Culture		Humanities 410 Values, Media and Culture	
2:30 – 3:30pm	F401 Simulation and Gaming		F401 Simulation and Gaming		
3:30 – 4:30pm	Phys Ed 098A Skateboarding		HA 430 Introduction to Wines	Phys Ed 098A Skateboarding	

CAS HI 380 American Popular Culture: Film and Humor

Boston University, Joseph Boskin

Watch movies like *Animal House*, *Dr. Strangelove* and *Duck Soup*. Write papers on such somber topics as *The Simpsons*. And in between, we think you're supposed to learn something about social change in America.

F401 Simulation and Gaming

Indiana University at Bloomington, Kurt Squire

Get that joystick in gear. You'll study the likes of "Frogger," "Pac-Man" and Nintendo. Oh yeah! A recent article about the course in the *Indiana Daily Student* claims it isn't a blow-off. Regardless, how tedious can looking at the history, violence and attraction of video games really be? The best part: You can now rationalize spending hours on Playstation as "research."

Phys Ed 098A Skateboarding

California State University, Chico, Marcus Dorin

Take a semi-professional skateboarder, a mini half-pipe, some skateboards, and you've got Cal State's newest course. The class is even covered by liability insurance. The only drawback: It's only worth one credit.

Philosophy 200B The Philosophy of *The Matrix*

University of Washington, David Nixon

Can't get enough of Keanu? Have we got a class for you. According to UW's newspaper, *The Daily*, Nixon was struck by how the movie touches on almost every area of philosophy usually covered in an intro course. And, of course, the fact that the flick was hugely popular with college students wasn't lost on him either. Watch out, or you might be tricked into actually learning something!

HA530 Anheuser Busch Seminar in Quality Brewing and Fine Beer

Cornell University, Giuseppe G.B. Pezzotti

Need we say anything about this class to entice you? Simply put, it's everything beer: brewing, "sensory aspects," international types, purchasing, beer and food pairing and "one required field trip." We encourage you to take plenty of optional field trips with this course! Extra credit, perhaps?

Humanities 410 Values, Media and Culture

California Polytechnic University, Richard Keller Simon

The title belies the fact that during the semester, you'll compare classic works of literature with popular TV shows and modern films. *Romeo and Juliet* meets *American Beauty*, *Emma* meets *Clueless* and *Much Ado About Nothing* meets *Friends*. Who knew that Shakespeare had anything in common with Ross, Rachel and the gang?

HA 430 Introduction to Wines

Cornell University, Stephen A. Mutkoski, Abby Nash

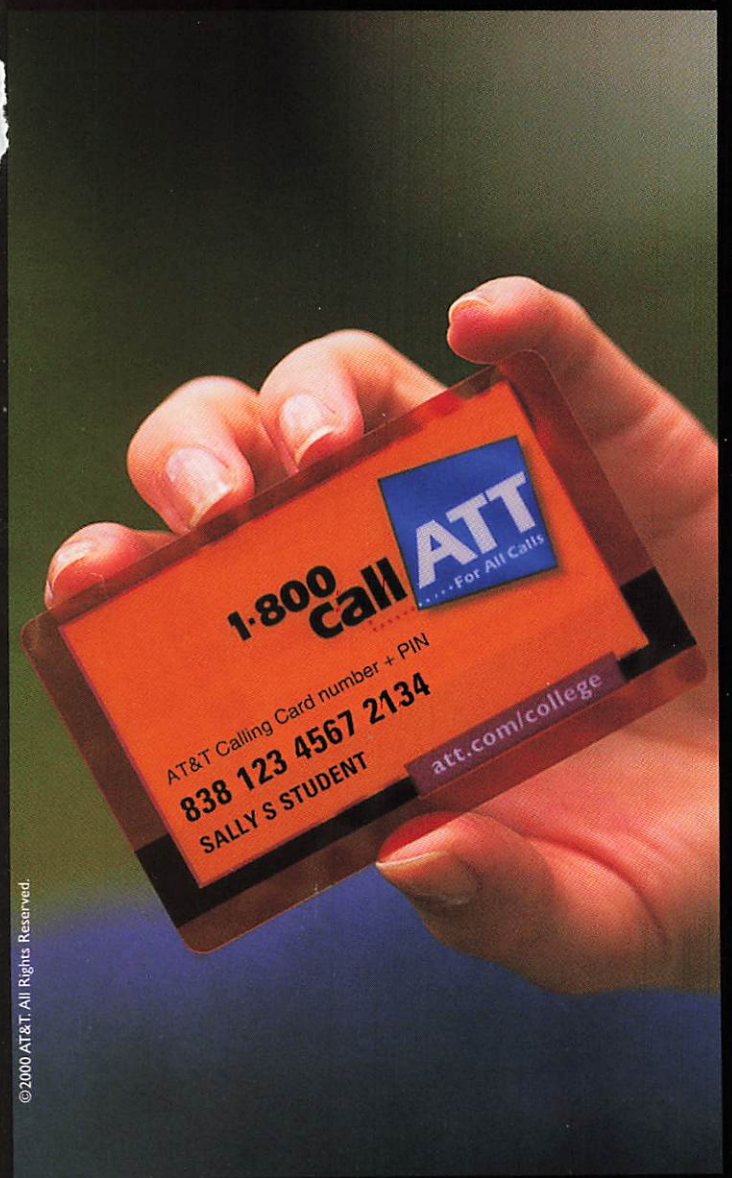
Get your Wednesday night started off right with Wines. The "serious" part: Learn about the wine-producing regions of the world, how wine is made, wine etiquette and how to pair the tasty beverage with food. The fun part: Take out your wine kit (complete with three glasses) and taste away! Don't forget to drink responsibly!

Think you can do better? Send us your dream schedule.
E-mail: **dreamschedule@studentadvantage.com**.
Dream Schedule, Student Advantage, 22 West 19th Street, 9th Floor, NY, NY 10011

Erin Arcuri

You got it.

Now flaunt it.



©2000 AT&T. All Rights Reserved.

Show off your AT&T Calling Card. You can save everywhere you go.

You probably have one, and you probably don't think to use it as often as you should—especially when you're away from campus. Your AT&T Calling Card with the One Rate® College Plan will save you money on all domestic calls you dial yourself using 1 800 CALL ATT.* You get a great student rate of only 20¢ a minute (30¢ surcharge on pay phone calls), with no monthly fee and no hidden service charges. So get busy using it.

There's more. Every month you can stay on top of your account with AT&T online billing. Check your balance, update your address, even pay your bill, 24/7.

If you don't have an AT&T Calling Card, don't wait. Go online and get one today.

AT&T

*Compared to Sprint Collegiate Card–FONCARD Option A plan. Rates in effect as of 7/10/00.

att.com/college

Heard the Word?

Use your Student Advantage Card and save 10% on all your fave raves at Tower Records and towerrecords.com. Tower's a pumpin' place to pick up stuff you're looking for.

Now get 10% off EVERYTHING at Tower Records

So sign on, stop in and stock up with great savings at Tower Records.

CDs DVDs Videos Books Digital Music Electronics

TOWER RECORDS · VIDEO · BOOKS
www.towerrecords.com

STUDENT ADVANTAGE